

Provocation Nasendoscopy

Your Speech and Language Therapist or Doctor has arranged for you to have an investigation of your upper airway to assess for possible vocal cord dysfunction. This will involve attending an endoscopy procedure on Ward 24 at Heartlands Hospital.

What happens in the clinic?

A team of two people will carry out the examination; this will usually be a Speech and Language Therapist and a Respiratory Nurse or Doctor. The Speech and Language Therapist will ask you about your symptoms. They will then examine your throat and vocal cords. This involves passing a thin, flexible endoscope (small camera in a tube) into one nostril, through the nose to examine the voice box. You may be given something to inhale or swallow, or be asked to cough or talk which will enable the team to examine your throat and challenge your upper airway function. After the procedure you will be able to see your throat (including your vocal cords) on the television monitor if you choose.

How long will it take?

The consultation and examination will take approximately 30 minutes. However, you should allocate an hour for your appointment to allow for a recovery period after the procedure. While you should be fit to drive after the procedure, some people feel tired so you may wish to arrange transport and/or bring someone with you.

Can I eat and drink before the examination?

Unless you have been advised otherwise, you can eat and drink as normal before your appointment. It is important that you inform the Speech and Language Therapist of any allergies.

Is the procedure uncomfortable?

The procedure is done in a clinic room on the ward. At times the passing of the endoscope tube through the nose causes mild-moderate discomfort. Once the endoscope is positioned above the throat, any discomfort usually settles.

The procedure or challenge may provoke coughing, breathlessness, wheeze and hoarse voice, all of which will resolve after the procedure. In rare cases the procedure can cause nose bleeds and fainting. The team have asthma medication, oxygen and Heliox gas treatments that can be administered if required.

What happens after the procedure?

You will need a period of recovery time (usually 30 minutes) after the procedure. You can then return to the ward or go home. You may be given some basic information after the procedure. However, this is not always possible. The Speech and Language Therapist will look at your results and a report will be sent to your Consultant and GP. A follow-up appointment will then be arranged as appropriate.

Information for Patients

If you have any further questions, please contact:

Birmingham Regional Severe Asthma Service Tel 0121 424 2172

Our commitment to confidentiality

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

Additional Sources of Information:

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

You may want to visit one of our Health Information Centres located in:

- Main Entrance at Birmingham Heartlands Hospital Tel: 0121 424 2280
 - Treatment Centre at Good Hope Hospital Tel: 0121 424 9946
 - Clinic Entrance Solihull Hospital Tel: 0121 424 5616
- or contact us by email: healthinfo.centre@heartofengland.nhs.uk.

Dear Patient

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: patientinformationleafletfeedback@heartofengland.nhs.uk

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: www.patientopinion.org.uk
- I want great care: www.iwantgreatcare.org (Here you can leave feedback about your doctor)

Be helpful and respectful: think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.