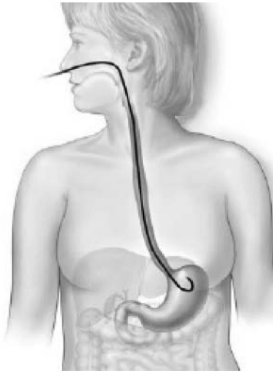




## Transnasal Esophagoscopy Procedure Overview



### What is a transnasal esophagoscopy (TNE)?

A transnasal esophagoscopy is a procedure that allows the physician to look directly at the lining of your esophagus (food tube) and the upper portion of your stomach. During the procedure, a flexible tube with a miniature camera is inserted into the nose and advanced through the esophagus into the upper portion of the stomach. As it is slowly withdrawn, the physician will carefully look at the lining of the stomach and esophagus. The procedure will take place in your physician's office and will not require sedation.

### Why do I need this test?

This procedure gives your physician specific information that X-rays and other tests do not provide. Your physician may recommend TNE to determine the cause of symptoms such as heartburn, foreign body sensation, difficulty swallowing, throat clearing, or monitoring after head and neck cancer. Your physician may also use TNE as a therapeutic procedure and may obtain a tissue sample (biopsy) for examination under a microscope.

### Is it uncomfortable?

A small amount of anesthetic and nasal decongestant is sprayed into your nose and throat before the tube is inserted into your nose. This will help numb the area and should minimize discomfort. Once the tube is in the back of your throat, the physician will ask you to swallow. This helps to guide the tube into the esophagus. You may feel this tube in the back of your throat. You may need to burp during the exam and this is completely normal. You will be able to swallow and breath comfortably throughout the test.

### How long does the test take?

Depending on the physician's findings, the TNE procedure usually takes anywhere from one to five minutes. You will be able to go home the same day.

### Do I need to do anything before the test?

It will be important to not eat or drink anything for at least two hours before the test. You should also inform your physician of any medications you are currently taking.

### When will I get the results?

In most cases, your physician will review your test results the day of the procedure. If a biopsy is required, your test results will be available in seven to ten days.

### What can I expect after the procedure?

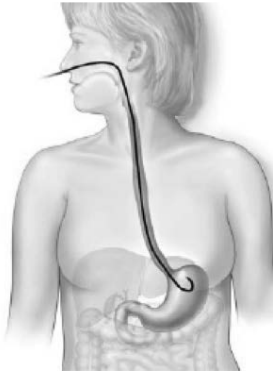
Following the procedure, you may experience some irritation in the nose or back of the throat but this should go away within 24 hours. After the test you may eat and resume your normal medications once you no longer feel numb, unless the physician tells you otherwise.

### What are the risks?

Possible side effects are nausea, vomiting, nasal and throat irritation, discomfort, and pain. Possible complications of this procedure include but are not limited to: bleeding, infection or perforation of the esophagus or stomach. These complications, should they occur, may require surgery, hospitalization, and/or transfusion. Other risks which can be serious and possibly fatal include: difficulty breathing, heart attack, stroke, or aspiration. These risks are extremely rare but may occur.



## Transnasal Esophagoscopy - Informed Consent



### Treatment overview

The transnasal esophagoscopy (TNE) procedure involves inserting a slim, flexible instrument through the nasal passage to allow the physician to visualize the esophagus (food tube) and stomach. The overall procedure time is typically less than 30 minutes with the examination taking one to five minutes. This procedure is done in the physician's office using topical anesthetic. The primary alternative to this procedure is upper esophagogastroduodenoscopy under conscious sedation.

### Associated risks

Possible side effects are nausea, vomiting, nasal and throat irritation, discomfort, and pain. Possible complications of this procedure include but are not limited to: bleeding, infection or perforation of the esophagus or stomach. Should these complications occur, they may require surgery, hospitalization, and/or transfusion. Other risks which can be serious and possibly fatal include: difficulty breathing, heart-attack, stroke, or aspiration. These risks are extremely rare but may occur.

Please check the following boxes to indicate that you have read, understood and agree with the following statements regarding the TNE procedure. If you have questions, please discuss with your physician before signing the form.

- I certify that my physician informed me of the nature and character of the proposed TNE procedure and of the possible risks associated with treatment.
- I understand the associated risks with TNE and the alternative options for performing this procedure.
- I understand that there are no guarantees regarding the results of this procedure.

\_\_\_\_\_  
Patient or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Name (print)

\_\_\_\_\_  
Provider Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date



## Transnasal Esophagoscopy - Post-Procedure Instructions

You have just undergone an esophagoscopy. You were given medication to numb your nasal passage and throat. Biopsies may have been performed. This information sheet is to remind you of the procedure and to ensure that your physician's instructions are followed.

Your nose and throat may be a little sore for a few hours and you may feel bloated for several minutes to hours after the procedure because air was introduced into your stomach for examination. You may also notice an increase in nasal drainage for a few hours after the procedure.

Complications from this procedure are rare but can occur. If you experience symptoms of progressive abdominal pain, recurrent nausea or vomiting, a fever greater than 101 degrees, vomiting blood or passing blood per the rectum, or other unusual symptoms, please contact your physician or have yourself taken to the nearest medical facility or emergency room for evaluation.

You may resume your diet and routine medications after the throat anesthesia has worn off unless your physician instructed you otherwise.

If any biopsies were taken, please contact your physician in seven to ten working days for results.