

UW Medicine

VALLEY
MEDICAL CENTER

Valley Ear Nose and Throat

Important Information to Our Patients Regarding Endoscopies

Patient Name: _____ DOB: _____

Endoscopy: How do we look into your nose/sinuses/vocal cords? **When you come to Valley Ear, Nose, and Throat Clinic with a nose, sinus, or throat related problem, the doctors may want to perform a nasal or oral endoscopy or exam. This is a surgical procedure using sterile small cameras or mirrors to look through the nostrils and/or mouth. This may allow your doctor to:**

1. obtain drainage for culture
2. evaluate previous surgery, scar, openings, masses, polyps, causes of blockage
3. evaluate healing or complications of surgery
4. obtain specimens/biopsy for pathology evaluation
5. remove old blood, foreign material, packing, scabs/scar/blockage
6. educate you and others: We have TV screens to show inside

Depending upon the nature of your condition, the endoscopy may be diagnostic and used strictly for visualization purposes.

The doctor will spray your nose and/or mouth to make the procedure easier. The spray is a combination of Afrin (to shrink tissue) and Lidocaine (to numb). This spray does taste bad and can cause teeth/throat numbness that wears off in about 20-30 minutes. Some patients may also have a *sensation* that they can't swallow – do NOT panic – this will pass.

Insurance companies always consider diagnostic endoscopies a surgical procedure. We notify you of this in advance so you are not surprised when you receive your explanation of benefits. Your insurance company may also reimburse surgical services at a different rate than an office visit. **If so, this may be applied to your deductible or a co-insurance amount may be due.**

I have read and understand this notice regarding nasal and/or mouth endoscopies and fully understand that I may have a patient responsible balance.

Date

Patient Signature/Legal Guardian

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What is Nasal Endoscopy?

An endoscope is a small and thin (less than the size of a pencil) rigid or flexible viewing tube with a light on one end and an eyepiece or camera attached to a video monitor on the other end. It is used to look through small holes into larger spaces. Endoscopes are used by many types of doctors to evaluate many spaces including the lungs, stomach, nose and sinuses.

ENT doctors use endoscopes to look at the vocal cords and other throat tissue also. Nasal endoscopy is probably done in every ENT office more than 10 times per day.

Nasal endoscopy allows a detailed examination of the nasal and sinus cavities. Nasal endoscopy is the most important diagnostic exam that an ENT will need to help with determining what may be causing sinus problems.

Office Based Flexible, Rigid or Mirror Laryngoscopy

A transnasal flexible laryngoscope can be used for office-based diagnostics. This office exam is extremely well tolerated and often performed multiple times per day to patients of all ages. Depending on the clinical situation, this exam can also be performed using a rigid endoscope or mirror through your mouth.

Common reasons for performing this procedure during your visit include hoarseness, suspected vocal fold lesions, chronic shortness of breath, difficulty or inability to swallow, longstanding history of smoking, the need for postoperative visualization or tumor surveillance, and inability to otherwise visualize the vocal cords during the exam.

Rigid Nasal Endoscopy

Rigid nasal endoscopy can be used for office-based diagnostics. This exam is extremely well tolerated and is performed on adults and children who are able to cooperate with the exam.

Common reasons for performing this procedure during your visit include nasal airway obstruction, suspected acute or chronic sinusitis, nasal/ facial pain, altered sense of smell, and nosebleeds.

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