



Royal Berkshire
NHS Foundation Trust

Advice following scopes (microlaryngoscopy, endoscopy / EUA of throat)

Information for patients

This leaflet is for patients who have had an investigation of the nose, throat and oesophagus (food pipe). If you have any questions, please speak to a member of staff.

What is an endoscopy?

It is a procedure that looks at various parts of the nose, throat and the oesophagus (food pipe) with an endoscope – a tube with a light and a camera at the end under general anaesthetic (you are asleep). The scope is rigid and allows the surgeon to have a good look and sometimes take a sample of tissue (biopsy) that is sent away for testing.

What is a microlaryngoscopy?

It is a procedure performed to look at the vocal cords when you are asleep. The surgeon will sometimes take a biopsy (sample of tissue) so that this can be sent away for testing.

Risks and complications

Your surgeon will have already discussed both the benefits and risks of the procedure with you, prior to you signing the consent form. Risks include discomfort, chipped teeth, bleeding and very rarely, breathing difficulty.

After surgery

Pain: You may get a sore throat that may last for a few days (or if you have had an endoscopy, you may also experience a slightly stiff neck. This will depend on where the scope has been).

You can take soluble Paracetamol or Ibuprofen for pain relief, but do not exceed the stated dose. If after two or three days, you continue to experience discomfort or aches please contact ENT clinic (office hours) and the ward (out of office) for advice. The ward may put you in

touch with the on-call doctor. Telephone numbers are at the back of this booklet.

Bleeding: If surgery or a biopsy has been performed, it is possible that you may cough up traces of blood – this is normal. If you notice persistent bleeding we advise you to go to the Emergency Department (A&E).

Diet: Usually, you will be able to eat a normal diet as before, but your surgeon may suggest you take a soft diet for a few days.

Voice rest: If surgery or a biopsy has been performed on your vocal cords, your voice may be hoarse for a few days and your surgeon may advise resting your voice for a similar period – usually 48 hours. This is important as it helps the healing of the tissues in the larynx (voice box).

Rest your voice as much as possible for the next few days. It is important to avoid any activities, which may bring your vocal cords together. Most importantly try not to talk unnecessarily.

- **Try to avoid talking at all:** If you have to talk, speak quietly and gently, talking for as little as possible – try pointing or writing. It will help to keep visitors to a minimum and for them to stay for short periods only. (Sometimes the surgeon may require you to have a complete voice rest if surgery has been extensive.)
- **Try to avoid whispering:** This can force and strain the voice. Using a quiet voice is better for the larynx.
- **Try to avoid shouting, singing or calling:** This will also strain the voice. Listen out for background noises (e.g. television, car engines, traffic, and radio) and try to avoid talking over them.
- **Try to avoid smoking:** Avoid smoky atmospheres. Fumes and dust will also be irritating to the throat.
- **Throat clearing:** If you feel the need to clear your throat, do so gently or swallow hard and have a sip of water. Avoid strong frequent throat clearing, or laughing.

- **Try to avoid lifting or pushing heavy objects.** Keep relaxed as tension can affect the voice.

You will have hoarseness, which may last up to 2 to 3 weeks. This is due to tissue swelling which will gradually subside and the lining of the vocal cords will regenerate.

Follow up

You will be informed if your doctor would like to see you again, before you leave the ward.

Usually if a biopsy has been taken, you will be asked to come back to the clinic for the results about two weeks after the operation. This appointment will be sent to you in the post. If you cannot keep this appointment please telephone 0118 322 7139 to arrange another one.

Returning to work

You may need to take some time off work. If you require a sick certificate for your employer, please ask your doctor or your nurse before you leave hospital.

Contact us

- Dorrell Ward 0118 322 7172
- ENT Outpatient Department 01865 903 274
- ENT appointments (CAT 1) 0118 322 7139
- Email: rbbh-tr.cat1@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.