

Patient information

Examination under Anaesthetic of the Nose and / or Post-Nasal Space (PNS)

Ear Nose and Throat Department

Your Consultant / Doctor has advised you to have an examination under anaesthetic (EUA) of your nose and / or post-nasal space (PNS); this is the area at the back of your nose.

What is EUA of the PNS?

It is an operation to find out if there is any excess tissue/disease at the back of your nose. Biopsies may be taken for a diagnosis to be made.

The procedure is usually done as a day case. You will require an escort home, access to a telephone and a responsible adult with you overnight.

What are the benefits of having EUA PNS?

This procedure will allow the doctor to make a confirmed diagnosis and give appropriate advice and treatment.

What are the risks of having EUA PNS?

Occasional nose bleeds.

You may change your mind about the operation at any time, and signing a consent form does not mean that you have to have the operation. If you would like to have a second opinion about the treatment, you can ask your specialist. He or she will not mind arranging this for you. You may wish to ask your own family doctor (GP) to arrange a second opinion with another specialist.

Are there any alternatives available?

The alternative would be for scans to be performed but this would not allow for a biopsy to be taken so therefore there would be no diagnosis.

What will happen if I decide not to have treatment?

Your symptoms would remain the same or possibly become worse.

What sort of anaesthetic will be given to me?

General anaesthesia will be appropriate for your surgery.

General anaesthesia is drug-induced unconsciousness. An anaesthetist, who is a doctor with specialist training, always provides it.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion, and pain.

Complications are very rare, but can cause lasting injury: they include awareness, paralysis, and death.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

For more information, please ask for a copy of the Royal College of Anaesthetists patient information "You and Your Anaesthetic".

You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

If you are worried about any of these risks, please speak to your consultant or a member of their team.

Getting ready for your operation

- You will be seen in the pre-assessment clinic before you are admitted to hospital.
- Here you may have blood tests, a heart trace and other investigations if necessary. You will be assessed to see if you are fit for an anaesthetic.
- The nurse practitioner will ask routine questions about your health, the medicine you take at the moment and any allergies you may have.
- You will be able to discuss the operation with a nurse practitioner. You will be asked to sign a consent form to say that you understand the procedure, and what the operation involves.

The day of your operation

- You will come into hospital the day of your operation.
- Before your general anaesthetic, you must not eat for a minimum of six hours or drink for a minimum of three hours. You will be told when this is to start.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General Office is open between 8.30 and 4.30 Monday to Friday. Therefore, if you are discharged outside these times, we will not be able to return your property until General Office is open. The Trust does not accept responsibility for items not handed in for safekeeping.
- You will be asked to remove jewellery: plain bands will be taped.
- Please leave body piercing at home. False nails and nail polish will need to be removed.

- Please do not wear makeup.
- You will be advised as to whether you should take medications on the morning of your operation.
- You will be asked to put on a gown and disposable underwear. You may bring in with you a dressing gown and slippers.
- A bracelet with your personal details will be attached to your wrist.
- A porter will take you to the operating theatre.
- If you have dentures, glasses or a hearing aid they can stay with you on your journey to the operating theatre. They will be removed whilst you are in the anaesthetic room and kept with you until you arrive in the recovery area. Once you are awake, they can then be put back in place.
- When you arrive in the theatre waiting area, a nurse will check your details with you: you will then be asked to put on a disposable hat.
- You will then be taken to the anaesthetic room.

What should I expect after my operation?

- After your operation you will be transferred back to your ward.
- If you have had a general anaesthetic the anaesthetist will advise the nursing staff of the appropriate recovery time.
- A nurse will check your pulse blood pressure and breathing regularly.
- Please inform the nursing staff if you experience any pain, they will then give you some painkillers to help.
- The nursing staff will also advise you when you can start taking sips of water. Anaesthetics can make some people feel sick.
- We advise you not to drink until this feeling has passed. The nursing staff may offer you an injection to take the sick feeling away.

If you are discharged on the day of your operation, and you have had a general anaesthetic and/or sedation, you must have a friend or relative to take you home and have a responsible adult to stay with you for 24 hours.

For next 24 hours you must not

- Travel alone.
- Drive any vehicle e.g., car, scooter or ride a motorcycle or bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions, sign any business or legal documents.
- Drink alcohol.

- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

You **should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

Discharge Information

Pain relief and medication

The nursing staff will advise you about painkillers before you leave the hospital. Please inform the nurse of any painkillers you have at home.

Getting back to normal

It is normal to feel more tired than usual for a few days following a general anaesthetic. It is important that you eat and drink normally.

Returning to work

You can self-certify for the first seven days of sickness.

Further Appointments

A follow up appointment will be arranged before you go home.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Patient Notes

Further information

If you have any further questions, or require further information, please contact the ward where you had your operation or the Nurse Practitioners.

ENT Nurse Practitioners

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Text phone number: 18001 0151 706 2290

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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