

Fibreoptic Nasendoscopy (FNE)

Patient Information Leaflet

Speech and Language Therapy
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Introduction

You have been given an appointment to attend for a fibreoptic nasendoscopy (FNE).

This is carried out by a Speech and Language Therapist. This information sheet provides you with some information about the procedure.

Why have I been given an appointment for FNE?

You have been referred to the Speech and Language Therapy Department to have an assessment of your voice box (larynx) and voice.

The FNE enables examination of your voice and your throat in detail.

It also enables us to try different techniques where appropriate to help correct the problems you have using your voice.

Speech and Language Therapists are trained to assess and treat voice disorders.

What happens in the clinic?

- A team of one or two Speech and Language Therapists will carry out the examination.
- You will be asked to sit in a comfortable chair. A small, flexible camera will be placed into one nostril and moved through your nose.
- When the end of the scope is positioned just beyond the back of the nose, a clear view of your voicebox can be obtained.

- You will be able to see your throat (including your vocal cords) on a screen if you wish.
- You will be asked to say different things, for example "hey" or counting, so your voice can be assessed.



View of the vocal cords at rest

When will I know the results?

You will be given some feedback and advice immediately after the procedure.

You may also be given a treatment plan; this could involve further Speech and Language Therapy input or an onward referral onto a different health professional.

Is the procedure safe? Is it uncomfortable?

At times the passing of the scope through the nose causes mild to moderate discomfort. Once the scope is positioned above the voicebox, any discomfort usually reduces.

Discomfort can be reduced by the application of a local anaesthetic to the nose prior to the scope being passed. Although this is rarely necessary.

The anaesthetic also widens the space in the nose enabling the scope to be passed more easily.

If anaesthesia is required, a small cotton swab soaked in anaesthetic will be placed into the front part of the nose and removed before the examination.

A spray is not normally used as this may numb your throat.

Are there any risks involved?

- Mild/moderate nasal discomfort.
- Epistaxis (nose bleeds).
- Vasovagal response (fainting). This is unusual but may be caused by high levels of anxiety.
- Reflex Syncope (fainting) caused by direct stimulation of the nasal/pharyngeal/laryngeal (vocal tract) lining.
- Allergy to topical anaesthesia, if used.
- Laryngospasm (reflex spasm of muscles in throat) which may cause choking/coughing.

How long will it take?

The procedure takes approximately 10 to 15 minutes.

Although the clinic generally runs on time, you may experience a small delay. Your patience in these circumstances is appreciated.

Can I eat before my appointment?

Unless you have been advised otherwise, you can eat and drink as normal before your appointment.

What happens afterwards?

You can go home immediately after the appointment.

If appropriate, a follow-up appointment will be made for you to see the Speech and Language Therapist to discuss the results in more detail.

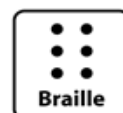
More Information

<http://www.british-voice-association.com/>

<http://www.lary.org.uk/>

Who can I contact if I have any questions?

Please contact the Speech and Language Therapy department on **0151 529 4986**.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 0320

Email: interpretationandtranslation@aintree.nhs.uk