

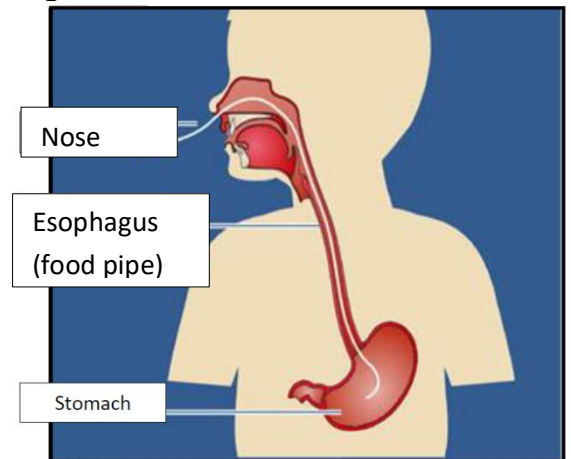
Without sedation

Your child's Transnasal Endoscopy is scheduled in the Gastroenterology Department at Children's Wisconsin Milwaukee campus. Please stop at a Welcome desk to get a badge and directions.

What is an Unsedated Transnasal Endoscopy?

It is a procedure that helps your doctor to learn what is going on inside your body. Your doctor will use a thin and flexible tube. It has a camera with a light at the end of it. The tube will go into your nose, down your throat, and food pipe (esophagus), sometimes to your stomach and small intestine. This is a TNE-EGD. This tube allows the doctor to see inside your body and collect small samples, called biopsies. They are the size of a pinhead. It will help check the health of the areas. Your child will be awake and alert for this procedure.

Path of the camera.



How to prepare for the procedure?

- Do not use over the counter pain medicine like Ibuprofen (Advil or Motrin) for 7 days before the test, unless you talk to your provider.
- Avoid red foods and liquids for 24 hours before the test.
 - ❑ If your endoscopy is for the **food pipe (esophagus) only** (TNE-Eso), do not eat or drink for **2 hours before** the test.
 - ❑ If your endoscopy is for the esophagus, **stomach, and small intestine** (TNE-EGD), do not eat or drink for **4 hours before** the test.
- Practice using saline (salt) nasal spray. Do this once each day for a week before your procedure.

What happens on the day of the test?

- A spray medicine will be used to numb your nose and throat.
 - You will be asked to sniff up the medicine and then swallow. The doctor will have you do this a few times in each nostril.
 - Then the medicine will be sprayed into your open mouth and you will swallow the medicine. You may feel a little lump in the back of your throat.
 - The spray does not hurt but has a bitter taste. It should make you more comfortable as the tube travels down your nose and throat.
- During the procedure you may get to use virtual reality goggles. This can help you relax. You can see the list of videos we have and pick one that looks fun to you.
- It's best not to talk or ask questions during the procedure.

How is TNE done?

As the doctor begins to put the tube in your nose, it may tickle. You might feel like you need to sneeze. Sometimes your eyes may water. When the tube reaches the back of your throat, you will be asked to swallow to help the tube go down. Remember to keep taking deep breaths.

The doctor will take biopsies of your esophagus. Most kids don't feel this. If they do, it might feel like a small pinch. When the doctor is all done, the tube will slowly be taken out of your nose. Before you leave, the doctor will talk to you and your caregiver.

The procedure takes 5 to 15 minutes. You may be in the office for about one hour.

What to expect after the procedure

Your throat may still feel a bit lumpy or be sore for a little while.

- Sip cold drinks to help your throat feel better.
- Do not eat solid foods until it the lumpy feeling goes away.
- Do not drink or eat foods with red dye for the next 24 hours.
- Do not use non-steroidal anti-inflammatory medicines like ibuprofen, aspirin, or naproxen for 48 hours after your test. Tylenol (acetaminophen) is ok to use.

When Will I Know the Results?

The doctor will tell you the results once the procedure is done. The results of the biopsies will be ready in about 1 week.

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has:

- Fever above 101 degrees
- Significant pain, or pain that is getting worse
- Vomiting
- Bleeding that is not stopping or is not mild.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.