

# Transnasal Endoscopy (TNE) Referral Guide

TNE is an alternate form of endoscopy that is completed without anesthesia (unsedated) in a clinic setting. A specialized thin endoscope passes through the nasal cavity and into the esophagus, stomach and, when indicated, the duodenum. TNE is used for evaluation of the upper GI tract through visualization and collection of biopsies.



## How Is Transnasal Endoscopy Done?

The patient will be seated in a specialized chair. Prior to the procedure starting, their nasal passage and throat will be numbed. The patient will be wearing a virtual reality (VR) headset. Once ready, the provider will advance the scope through a nasal passage and into the esophagus. The patient may feel the scope move or some pressure. The scope has a light and several functions that help the provider complete the procedure. The nurse will assist the provider in obtaining the biopsies. Once all the biopsies are obtained, the scope will be removed and the procedure is complete.

## What a Patient/Family Can Expect:

- A patient will first be scheduled for a clinic appointment with a gastroenterologist. At that appointment, the provider may recommend unsedated transnasal endoscopy.
- A week prior to the procedure date, the patient or a family member will receive a call from a GI nurse and a child life specialist with preparation instructions for the procedure.
- On the day of the test, the patient and family members will be prepped for the procedure by:
  - Meeting with a child life specialist.
  - Discussing the procedure with a nurse and provider who obtains consent
  - Administration of numbing medication to the nose and throat
  - Use of VR goggles

- One or two adult family members can observe the TNE procedure. The provider will advance the scope and obtain the necessary biopsies. On average, the procedure lasts 5-15 minutes.
- Once the TNE is complete, the provider will go over the visual findings. The biopsy results will be available within 10 days. The patient will be discharged without any activity restrictions. On average, the entire visit takes about one hour.

## What Patients May Benefit From a TNE?

- Patients with a diagnosis or suspected diagnosis of eosinophilic esophagitis, dysphagia or GERD
- Patients with a high risk for anesthesia
- Patients who require frequent endoscopies

## What Patients May Not Be a Good Fit for a TNE:

- Children younger than 6 years old
- Children with hypersensitivity, high anxiety or difficulty staying still
- Children with abnormal nasal anatomy



## Send referrals to Central Scheduling.

- **Internal referral via Children's Epic**  
Send an ambulatory referral to Gastroenterology.
- **External referral via Epic**  
Send to CHW GASTROENTEROLOGY CLINICS.
- **Via fax**  
(414) 607-5288