



What is transnasal endoscopy?

- A transnasal endoscopy (TNE) is a test where the doctor uses a soft, thin tube that bends easily and has a light and small camera on the end of it.
- The tube is used to look into the esophagus (the tube food) and into the stomach.
- The tube is inserted into 1 of your nostrils and gently passed down.
- The doctor will take small pieces of tissue from your esophagus. This tissue will be looked at in our lab under a microscope.
- You don't need to be asleep for the test.

Why do I need the test?

You may need the test if you:

- Have trouble or painful swallowing when eating solid foods and/or drinking
- Are vomiting (throwing up) frequently or vomiting blood
- Have stomach aches

By having a direct look at your esophagus, the doctor may be able to find out what the problem is and what to do about it.

How should I prepare for the test?

- Don't eat solid food for 4 hours before the test. You can drink water or apple juice on the day of the procedure but must stop 2 hours before the procedure time.
- This is very important for safety. Your test may have to be rescheduled if you eat or drink after the time you were supposed to stop.
- No gum or candy on the day before or the day of the test.

What happens during the test?

- You'll check in at the Farley 5 GPU Desk.
- You'll meet a nurse and have a short check-up to make sure you're ready.
- You'll meet with the doctor to go over what will happen and you (or your parent) will be asked to sign a consent (permission) form.
- You'll go to the room where the test will be done.
- The doctor will put some numbing medicine in your nose and throat.
- During the test, you can watch a movie or TV by using our 3D virtual goggles.
- A small, thin tube with a camera will be inserted into and passed through one of your nostrils. We will ask you to swallow.
- You may gag as the tube inserted. This is normal and will only last a few seconds.
- You'll be able to feel the tube, but it shouldn't hurt.

- A few small pieces of tissue will be taken from your esophagus. You might feel a small pinch when the tissue is being removed.
- The tube and camera are taken out and the test is over.

How long does the test take?

- The test usually takes 5-10 minutes from the time the tube is put in to the time it's taken out.
- You will be in the hospital for about 2 hours total.

What happens after the test?

- You'll stay for observation for a short time after the test.
- The doctor will talk to you about what they saw during the test and may have pictures to show you.
- You should be able to eat and drink normally shortly after the test.
- Drink clear, cool liquids at first.
- If you start to cough when you try to eat, wait 30 more minutes and then try again.
- Please don't drink any red liquids or eat salty or spicy foods until the next day.
- You may go back to school the day after the test.
- You shouldn't take Ibuprofen (Advil, Motrin), Naproxen (Aleve, Midol) or aspirin for 1 week after the test.
- You may take acetaminophen (Tylenol) for pain after checking with your doctor about any potential allergies. But try cool foods/fluids to help with any discomfort before taking pain medicine.
- The biopsy results will be back within 1 week. Your doctor will talk with you about the results at the next visit/phone call.

Contact us

Call (617) 355-6369 and ask for the GI fellow on call if you:

- Have a fever of 101°F/38.3°C or higher
- Have a lot of pain
- Have signs of bleeding
- Are vomiting
- Have other concerning symptoms after the test

Please call us you couldn't follow the pre-procedure eating and drinking guidelines as instructed: (617) 355-6172 option 3 (weekdays 7 am – 4 pm).

For procedure arrival times, call (617) 355-6172 option 1, between 12 – 4 pm the day before the procedure.

For questions after regular business hours, call the Boston Children's Hospital page operator at (617) 355-6369 and ask for the GI Fellow on call.