Transnasal Esophagoscopy (TNE)

What is TNE?
Transnasal Esophagoscopy is a test to look at your esophagus (the food tube that goes from your throat into your stomach). This test is done by passing a flexible camera through your nose and the back of your throat into the esophagus and stomach. We do this test to find the cause of problems with your voice or with swallowing, heartburn, cough, and other symptoms. Pictures will be taken and a small sample of tissue may be removed. This depends on what your doctor finds.

Getting Ready for TNE

▪ Do not eat or drink for 4 hours before the test. If you need to take medicine, take it with a small sip of water.

▪ Tell the nurse or doctor if you have any allergies to Lidocaine or other medicines ending with “caine.”

▪ Tell us before the test if you are taking blood-thinners (warfarin or Coumadin®, ASA or Plavix®). You must ask your local doctor if it is ok to stop the drug for 3 days before the TNE exam. If you do not tell us about taking these drugs, you would have an increased risk of bleeding. Please call the ENT (Otolaryngology) clinic at least 4 days before the test if you have any questions about this.

▪ For 3 days before your TNE, do not take anti-inflammatory drugs (ibuprofen, Rufen®, Advil®, Naprosyn®, Feldene®). Acetaminophen (Tylenol®) is OK.

▪ If you take antibiotics before a dental appointment, please do so before this exam.

▪ If you have diabetes, you need to adjust your morning dose of insulin since you will not be eating or drinking on the morning of the test. You should talk this over with your local doctor. Bring your insulin with you to the clinic. Check your blood sugar in the morning before you come to the clinic. Bring the result with you. If you begin to have low blood sugar at home, please drink orange juice or some other liquid with sugar. We may still be able to do the exam unless you need to eat solid food to get your blood sugar back up. It is much more important for you to go ahead and treat your low blood sugar properly than it is to have the endoscopy done right away. The test can always be rescheduled.
The Exam
The test will be done in the ______________________ Clinic at __________________________.
It will take about 30 minutes. You will be awake the entire time. You will be sitting down. The
doctor will numb your with a numbing spray (Lidocaine). A small flex camera will be passed
through your nose down into your esophagus and stomach. During the exam you may be asked
to swallow. Small puffs of air or water will be put into your esophagus and stomach. This might
make you feel a little bloated. This can be easily burped or it will pass naturally.

After the Exam
You will remain alert and should not have any pain although you may notice a slight soreness in
your nose and throat for a few hours. You will be able to breathe and swallow as before, but do
not eat or drink anything for 1 hour after the exam.

After You Go Home
After 1 hour, slowly drink water. If this is swallowed without any problem, you may have solid
food.

You may have mild pain. You may use Tylenol® for pain.

Resume taking your blood-thinning medicines as directed by your local doctor.

If you have any of these warning signs listed below, do not eat or drink and call your doctor
right away.

- Signs of breathing problems: increased rate of breathing, trouble breathing, and shortness
  of breath.
- Spitting up bright red blood.
- Fever over 101° F or 38.3° C.
- Chest pain or new back pain

Phone Numbers

ENT (Otolaryngology) Clinic, Monday to Friday, 8:00 am to 5:00 pm (608) 263-6190

Medical and Surgical Weight Management Clinic at The American Center, Monday to Friday,
8:00 am to 5:00 pm (608) 265-7090

General Surgery Clinic at The American Center, Monday to Friday, 8:00 am to 5:00 pm
(608) 440-6300

After hours, weekends, and holidays, this will give you the paging operator. Ask for the doctor
on call for your clinic. Give the operator your name and phone number with the area code. The
doctor will call you back.

If you live out of the area, please call: 1-800-323-8942. Ask for the doctor on call for your
clinic.

Your health care team may have given you this information as part of your care. If so, please use it and call if you
have any questions. If this information was not given to you as part of your care, please check with your doctor. This
is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each
person’s health needs are different, you should talk with your doctor or others on your health care team when using
this information. If you have an emergency, please call 911. Copyright © 7/2015 University of Wisconsin Hospitals
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