

## Naso-endoscopy with Nasal Spray

### Advice on Discharge

You have undergone a procedure called:

### Naso-endoscopy with nasal spray

You have had a local anaesthetic spray to numb your nose and throat. You will be given water to drink 30 minutes after the procedure. If your swallowing seems to have returned to normal, you may eat and drink as you please.

Unless otherwise instructed by your doctor, you may resume your normal diet.

You may resume your normal prescription medicines.

There may be some slight soreness where the instrument has been but this will wear off in a day or so.

Some bloating may be experienced if air has remained in your gastrointestinal tract (stomach) but will resolve itself in a few hours.

### Side effects to look out for:

These side effects are extremely rare but we need to make you aware of symptoms to look out for. Things to report to your doctor:

- **severe pain or vomiting;**
- **vomiting of blood;**
- **persistant nose bleed;**
- **temperature greater than 100°F / 39°C;**

Further advice about your condition and treatment including biopsy results will be given at your next outpatient appointment or can be obtained from your GP.

### Contact details

If you have any questions or concerns contact your GP or call one of these numbers:

**Endoscopy Unit:** 01234 792269 (Monday to Friday 8am to 6pm)

**Bedford Hospital:** 01234 355122 ext. 2871 (Monday to Friday 8am to 6pm)

**NHS Direct:** 0845 46 47 (out of hours )

*Written by Helen Drake, endoscopy.*