

PATIENT INFORMATION

ENT Voice Clinic

You have been referred by your GP or by another professional for an examination of your larynx (voicebox) due to vocal discomfort or a change in your voice. This examination is called a nasendoscopy. The clinic you will be going to is led by a Speech and Language Therapist who has had specialist training in working with people who have problems with their voice or throat. They are often called a Voice Therapist. It is called a parallel clinic as there is an ENT clinic running in parallel to the clinic you are attending so that there is support available from an ENT surgeon if required.

What will I be asked to do?

You will be asked about your current symptoms and concerns and a brief medical history. It can be helpful to bring a list of your medications if you have one.

The nasendoscopy itself will be carried out by fully trained Voice Therapists who routinely carry out this procedure according to clinical guidelines. Nasendoscopy is a very safe, minor procedure that is usually performed in an outpatient clinic to assess the structures of the nose and throat. It involves using a small camera on the end of a flexible tube, called an endoscope. The endoscope is passed through your nostril and moved to the back of the nose and throat. The camera also has a light, which helps to provide a good view of the throat. You will also be asked to wear a small collar around your neck, which helps to pick up the sound of your voice. The examination works best if you are relaxed and continue to breathe normally throughout.

Whilst taking the recording the Speech Therapist will ask you to say an “ee” sound at a normal pitch and at a higher and lower pitch. You will also be asked to repeat a sentence. The examination is recorded on a computer and will be played back for you at the end of the procedure if you wish.

How long will it take?

The examination itself will not take more than 5 minutes. You will have the opportunity to look at your larynx (voicebox) and discuss plans for future management of your symptoms and treatment. The whole session may take up to 30 minutes.

Is it painful?

Nasendoscopy is not usually a painful procedure, but it may be a bit uncomfortable. You will be offered a local anaesthetic/decongestant agent spray. This numbs the area in your throat and shrinks the lining making it easier to pass the endoscope. Sometimes there can be a bitter taste at the back of the throat. If you have the local anaesthetic you will not be able to eat or drink anything for 30 minutes following the procedure.

Are there any risks?

Nasendoscopy is usually a very safe procedure and there are very few associated complications. There may be some minor bleeding after the procedure and you may have a bit of a sore throat. Nasendoscopy is not recommended for people with acute fractures of the face and skull and those with major bleeding disorders.

If, during the examination we have any concerns about the health of your throat or larynx an ENT colleague will be available for further support and advice.

Contact us:

If you have any questions or concerns please contact the speech and language therapy department at Torbay on 01803 654948

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.