



Having a Safe Transnasal Endoscopy (TNE)

Your child's health and safety are important to us. You can make a difference in your child's care by asking questions and being actively involved.

What Is a Transnasal Endoscopy?

A transnasal endoscopy (TNE) is a procedure where a thin, flexible tube with a tiny camera and light on it is inserted into your child's nose and into their esophagus or stomach. During the procedure, biopsies will be taken of the esophagus. A biopsy is a small piece of tissue, or sample. The sample will be looked at under a microscope.

What can you do to prepare for this procedure?

Your child will be asked to use a saline nasal spray 3 times a day for 7 days before the procedure to clean inside their nose. On the day of the procedure, your child should not eat anything for 4 hours before the procedure or drink anything for 2 hours before the procedure. It is important that your child's stomach is empty to prevent them from vomiting during the procedure.

Where will the procedure be done?

Your child's proceduralist will meet with you in a nearby waiting room prior to the procedure and escort your child to the procedure room. As soon as the procedure is complete, the proceduralist will come to talk with you and answer any questions you may have. We encourage you to write down any questions you have for the provider while you wait.

Do TNEs or biopsies hurt?

Your child will be given medicine to numb their nose and throat during these procedures to reduce pain when the tube enters your child's nose. Some patients say they feel a little discomfort when the tube enters their nose and esophagus. When biopsies are taken, some patients say they feel a small pinch, like a mosquito bite, or pressure.

What should you expect after the procedure?

Your child may have a sore throat or belly ache after the procedure. This is normal and should go away soon after. If your child experiences extreme pain, contact the GI clinic. Your child can eat and drink again following their procedure.

Contact your child's GI provider if you have any questions or concerns.