

# Patient Instructions – Endoscopy



**Nasal Endoscopy:** In-office procedure to look at the nose and sinus passages with a small camera. Recommended if you are having:

- Sinus Infections
- Nasal Drainage or Congestion
- Facial Pain or Pressure
- Difficulty breathing through the nose
- Nose Bleeds
- Decrease or Loss of Smell
- Popping, Pain, or Pressure in the Ears (Eustachian Tube Dysfunction)

**Video Laryngoscopy:** In-office procedure to look at your throat and voice box with a small flexible camera that goes through the nose. Recommended if you are having:

- Cough
- Throat Clearing
- Throat Discomfort or Irritation
- Hoarseness or Raspy Voice
- Increased mucus or phlegm
- Bad Breath
- Postnasal Drainage
- Lump Sensation in the throat
- Acid Reflux

These procedures are done in the clinic with an endoscope which is usually a thin flexible tube with a tiny camera and light. You are awake for the procedure. A medication will be sprayed in your nose before that helps minimize discomfort. This procedure typically takes less than a minute.

To prepare for your procedure please apply 2 sprays of decongestant nasal spray such as Afrin or Neo-Synephrine (Over the Counter) inside each nostril 30 minutes before your appointment.