

**PATIENT ADVICE SHEET ON PHARYNGOSCOPY**  
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his is looking (scopy) at your throat (pharynx). The operation is under general anaesthesia.

You are asleep. Your head and neck are carefully positioned. A hollow tube is passed through your mouth and behind your tongue.

This tube is known as a pharyngoscope.

Pharyngoscopy is usually done as a daycase. You come in, have your operation and go home on the same day. It may just be an examination. Or we may operate on your pharynx.

Your surgeon will tell you of any possible problems not

mentioned below. Your anaesthetist will tell you about your anaesthetic.

Problems from the surgery are not common. They are usually minor. Serious problems are very rare. The following problems may happen:

- *Damage to the teeth from the pharyngoscope. This is more likely if you have gum disease or tooth decay. Crowns and caps are in more danger. It is impossible to tell what pressure they can take.*
- *Damage to the gum from the pharyngoscope if you have no upper teeth.*
- *Cuts, bruising or swelling from the pharyngoscope. These may be on the lips, tongue, roof of the mouth or throat.*
- *Bruising underneath the tongue from pushing it onto the lower teeth.*
- *Temporary change in taste.*
- *Temporary changes in tongue movement and feeling.*
- *We may take tissue for examination. We don't always get the right piece first time. The operation may need doing again.*
- *Very rarely a hole may accidentally be made in the throat. This may heal on its own. It may need an operation to repair it. This can be serious.*
- *Your neck and throat may be a little sore after the operation. It should last only a few days. Any discomfort should respond to mild painkillers such as paracetamol.*

If we operate on your pharynx we may ask you not to eat or drink for a few hours until we are sure it is safe to swallow again. You do not have to have this operation. It is your choice. Your surgeon will explain the consequences. We may not be able to help you further with your problem.

***How long will I be in hospital? How long will I be off work?***

You are in just for the day usually. Stay off work for 24 hours after you wake up.

***Can I drive home after the operation?***

No. Someone must pick you up and be with you for 24 hours. You must not drive, cook or operate dangerous machinery for 24 hours. If you had an accident, you might not be covered.

***What will I feel like afterwards?***

Normal soon after the procedure.

## **PHARYNGOSCOPY**

### ***What do I need to avoid afterwards?***

Nothing. You may do anything that is normal for you. Except using dangerous things.

### ***May I ask a question?***

At any time. You can also refuse to have the operation at any time. If you ask a question please ask someone suitable. A junior doctor or nurse may not know what you want to know. Please do not ask several doctors the same question and compare answers.