Your consultant has advised that you have an Induced Sleep Nasendoscopy.

**What is an Induced Sleep Nasendoscopy?**

This is an investigation to find a cause for your snoring.

A flexible endoscope is put through your nose for the examination, you may have had this done in the clinic, it is exactly the same except you are anaesthetised for the assessment.

**What are the benefits of having an Induced Sleep Endoscopy?**

To allow the doctor to examine your nose and throat and assess a possible site of obstruction. This information will allow the doctor to discuss with you possible treatment options to help with your snoring problem.

**What are the risks of having the Induced Sleep Endoscopy?**

There is a very small risk of a nose bleed.

**Are there any alternatives available?**

There are no alternatives available.

**What sort of anaesthetic will be given to me?**

You will be given a general anaesthetic: General anaesthesia is drug-induced unconsciousness: an anaesthetist, a doctor with specialist training, always provides it.

Unfortunately, general anaesthesia can cause side effects and complications. Side effects are common, but are usually short-lived: they include nausea, confusion and pain.
Complications are very rare, but can cause lasting injury: they include awareness, paralysis and death.

There is a risk of damage to teeth, particularly caps or crowns and veneers. Your anaesthetist will take every care, but occasionally damage can occur.

The risks of anaesthesia and surgery are lower for those who are undergoing minor surgery, and who are young, fit, active and well.

You will be given an opportunity to discuss anaesthetic options and risks with your anaesthetist before your surgery.

**Getting ready for your operation**

- You will usually be seen in the pre-assessment clinic before you are admitted to hospital. Here you may have blood tests, chest X-ray or heart trace. You will be assessed to see if you are fit for an anaesthetic.

- The nurse practitioner will ask routine questions about your health, the medicine you take at the moment and any allergies you may have.

- You will be asked to have nothing to eat or drink as stated in your admission letter.

- You will be asked to sign a consent form to say that you understand the procedure, and what the operation involves. You will be able to discuss the operation with a doctor.
The day of your operation

- You will come into hospital on the day of your operation.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General Office is open between 8.30 and 4.30 Monday to Friday. Therefore, if you are discharged outside these times we will not be able to return your property until General Office is open. The Trust does not accept responsibility for items not handed in for safekeeping.
- You will be asked to remove jewellery - plain rings can be worn but they will be taped.
- Please leave body piercings at home.
- False nails and nail polish will also need to be removed if worn.
- If you are on regular medication, you will be told to take this if necessary.
- You will be asked to take a shower and put on a gown and disposable underwear
- A bracelet with your personal details will be attached to your wrist
- You may be prescribed some medication to take before your operation by the anaesthetist; a member of the nursing staff will give this to you
- A porter will take you to the operating theatre
- Your dentures, glasses and hearing aid can stay with you on your journey to the operating theatre
• When you arrive in the theatre waiting area, a theatre nurse will check your details with you. You will then be asked to put on a disposable hat

• You will then be taken to the anaesthetic room.

What should I expect after my operation?

• After your operation you will be kept in the recovery room before being transferred to the ward

• A nurse will check your pulse blood pressure and breathing regularly. **It is important that if you feel any pain you must tell the nursing staff, who can give you painkillers to help**

• The nursing staff will also advise you when you can start taking sips of water. Anaesthetics can make some people feel sick.

  If you feel sick we advise you not to drink until this feeling has passed. The nursing staff may offer an injection to help this sick feeling go away.

• **The first time you get out of bed, please make sure you ask a nurse to be with you. This is in case you feel dizzy.**

Going Home

If you have a venflon (plastic tube) in your arm/hand this will be removed before you go home.

Discharge Information

Your doctor will discharge you after your operation. You will need someone to escort you home and stay with you overnight.
For next 24 hours **you must not:**

- travel alone
- drive a vehicle e.g. car or ride a bicycle
- operate machinery (including domestic appliances such as a kettle)
- climb ladders
- make important decisions, sign any business or legal documents
- drink alcohol
- return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

**Pain relief and medication**

This procedure should be pain free however if you have a headache or minor discomfort it is ok to take pain relief such as Paracetamol if needed.

**Getting back to normal**

It is normal to feel more tired than usual for a few days following a general anaesthetic. It is important that you eat and drink normally.

**Returning to work**

You should not drive or operate machinery for 24 hours after anaesthetic.
You can self-certify for the first seven days of sickness. Before you are discharged, a medical certificate (fit note) may be issued by your hospital doctor to cover the expected time off you will need.

Further Appointments

A follow up appointment will be arranged before you go home.

Further information

If you are worried about any of these risks, please speak to your Consultant or a member of their team.

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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