

Asthma & Allergy Physicians of Rhode Island

Nasal Endoscopy / Laryngoscopy Procedure

This information is intended to help you prepare and understand more about your upcoming procedure.

Purpose: To provide direct observation of the nasal passages, larynx, pharynx and other surrounding structures. To help diagnose or delineate problems such as nasal polyps, nasal blockage, recurrent sinusitis or laryngeal trauma.

How it Works: A flexible fiber-optic tube called an endoscope is threaded through the nasal passages.

Preparation: Purchase AFRIN over-the-counter nasal spray and apply the AFRIN decongestant nasal spray to BOTH SIDES of your nose about 15 minutes before your appointment. During the procedure, you will sit in a comfortable chair with a head support. A topical anesthetic will be applied to the openings of both nostrils.

Procedure: After the preparation, your provider begins by threading the endoscope into a nostril and through the nasal passages as far as the vocal cords in the throat. The provider observes internal structures as the endoscope is introduced and withdrawn. Then the endoscope is threaded into the other nostril and only through the nasal passages to observe the structures.

After the Test: Once the endoscope is removed, you may return to most normal activities immediately.

Interpretation: Direct observation allows immediate assessment of the problem.

Advantages: It's quick. It's safe. It's an easy way to view the nasal passages, throat and vocal cords.

Disadvantages: Endoscopy does not provide treatment, only diagnosis.