



CAPE FEAR VALLEY
EAR, NOSE & THROAT

In-Office Flexible Endoscopy

What You Need to Know

What is it?

A quick, safe exam where a thin, flexible tube with a camera is gently passed through your nose to look at your nasal passages, sinuses, throat, and/or voice box. It is done in the office while you are awake — no sedation or anesthesia is needed.

Why is it done?

To evaluate symptoms such as nasal congestion, sinus problems, nosebleeds, hoarseness, chronic cough, difficulty swallowing, throat pain, or breathing problems. It may also be used to check for growths, monitor a known condition, or assess vocal cord function.

What to expect?

TA numbing and/or decongestant spray may be applied to your nose. The scope is then gently inserted and advanced as needed. You may be asked to say sounds, swallow, or sniff. The exam takes 1–5 minutes. Most patients rate discomfort as mild.

What Happens During the Procedure?

Step 1

A numbing spray may be used inside your nose to help make the procedure more comfortable.

Step 2

Your provider gently places a small flexible scope through the nasal passage.

Step 3

The scope allows your provider to examine the throat and vocal cords in real time.

After the procedure

You can eat, drink, drive, and resume all normal activities immediately. If numbing spray was used, wait 30 minutes before eating or drinking. Your doctor will review the findings with you right away.

****Call your doctor if you have: a nosebleed that won't stop, difficulty breathing, severe throat pain, or fever.**

Risks

This procedure is very safe. No serious complications have been reported in published studies.

Minor, temporary side effects may include:

- Gagging or coughing (most common)
- Mild sore throat or nasal irritation
- Nosebleed or lightheadedness (very rare)

