Nasendoscopy

What is it: Nasendoscopy uses a flexible camera that looks like a black spaghetti noodle to look in your nose, at the roof of your mouth, and at your throat. This flexible camera is called a scope. Sometimes, we call this procedure a “nose movie”.

What you will see and hear: When you walk into the room, you will see a chair with a computer screen next to it. This is the chair where you will sit for your nose movie. The computer screen is where the speech language pathologist (SLP) will be able to see your nose, the roof of your mouth, and your throat with the flexible camera. During the nose movie, the SLP will probably ask you to do things like swallow, say words, or make sounds with your voice. Your most important job is to sit as still as you can.

What you will feel: Before the SLP looks in your nose with the flexible camera, they may give you some spray in your nose. This is so that you won’t feel the flexible camera as much during the nose movie. Some kids say the spray feels like getting water up your nose when you go swimming. Other kids say it makes your nose feel tingly inside. Not all kids use the spray. Your parents and SLP will decide what is best for you. When it is time for the nose movie, you will sit in the chair, usually on your mom or dad’s lap. There might be someone else there to help hold your head still by putting their hands softly on the sides of your face. When it’s time to do the nose movie, the SLP will move the flexible camera inside of your nose. You might feel some pressure or pushing inside your nose.

Practice ideas for home: While the SLP is taking pictures and doing the nose movie, it is important to sit still. At home you can practice sitting still in a chair for three minutes (which is about how long the procedure takes). Make sure you keep your head still too. You can also practice saying the special sounds, words, and sentences. There are different words and noises you might make depending on why you need the nasendoscopy. Here is a list of words and sounds you might be asked to say that you can practice at home before you come.

- Eeeeee (one long note)
- Eeeeee (gliding from a low note up to a high note)
- Pa pa pa pa pa
- Ka ka ka ka ka
- Pet the puppy
- Take the turtle
- Go get the cookie
- Suzie sees the sun in the sky
- 1 2 3 4 5 6 7 8 9 10

For caregivers
We encourage caregivers to be involved in procedures if they feel comfortable doing so. Here are some ways you can help your child.

- **Comfort Positioning:** Ways you can hold your child to reduce stress and promote the caregiver-child connection.
- **Distraction:** You can use books, toys, or any other comfort item to take your child’s attention away from the procedure. Children take cues from their caregivers, so it is helpful to remain calm.
- **Ask about Child Life:** A child life specialist can help provide support to you and your child during the procedure. Please contact child life for further assistance (608) 890-7888.