

Voice Clinic Evaluation

What is Nasendoscopy?

This procedure will provide your treating team with better insight into the inner workings of your **larynx** (voice box). The tool used for this procedure is called a **nasendoscope**, a thin, flexible tube with a light and camera attached to it. It will be passed through your nose to view and record different structures of your throat.



What is the Purpose of this Procedure?

Your treating team has recommended this procedure to:

- Assess the health and function of the structures of **larynx** and **vocal cords**.
- Identify other **middle airway and vocal cord conditions** causing symptoms such as hoarseness, sore throat, tightness, breathiness, chronic cough, increased vocal effort, reduced range and pitch.

How the Voice Works

The **larynx**, or “voice box”, is made up of two **vocal cords**. They come together and vibrate to produce voice.

To speak clearly and loudly, the muscles of the voice box move the cords.

When you breathe, the cords move apart.
When you speak, they move close together.

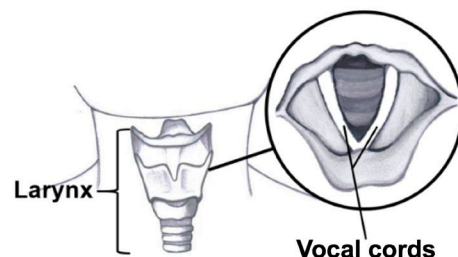


Figure 1 - Normal vocal cords

In patients with a voice disorder, **vocal cord vibration** may be changed due to:

- Growths on or around the vocal cords
- Neurological disorders (e.g. Parkinson's, Spasmodic Dysphonia)
- The way your voice is produced (e.g. excessive use of muscles in your throat)
- Lifestyle factors (e.g. smoking, reflux)

Who Performs this Procedure?

There may be an **Ear Nose and Throat (ENT) doctor** and/or a **Speech Pathologist** at the clinic.

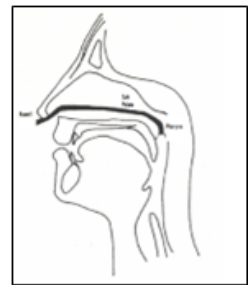
- **ENT doctors** are specialists in medical and surgical management of voice box disorders.
- **Speech Pathologists** specialise in the treatment of voice disorders.

Before the Procedure

- **No special preparations are required for this procedure.**
- You can eat, drink, and take medication as normal.
- You can drive before and after the procedure.
- In some cases, you may be asked to complete a questionnaire about your symptoms and medical history.

During the Procedure

- You will be awake and seated in a chair.
- A **local anaesthetic spray** is often used to numb the nose and back of the throat before the nasendoscope is inserted. This will help reduce any discomfort.
- The local anaesthetic spray may make your throat feel 'thick' and swallowing might feel a bit different. This is due to the decreased sensation and will last for around **20 minutes**.
- A narrow flexible tube (nasendoscope) will then be passed through your nose to the back of your throat.
- Once the nasendoscope is in place, your voice box will be observed at rest.
- You will be asked to perform certain tasks, such as:
 - Taking a deep breath
 - Making sounds at different pitch and loudness levels
 - Repeating sentences
- During these tasks, the Speech Pathologist and ENT will be assessing how the vocal cords look and how they are moving.
- The clinic appointment will take approximately 30 minutes.
- The procedure itself can range from **5-10 minutes**.



What to Expect?

Generally, this is a very **low-risk** procedure. You may experience:

- Some pressure through the nose when the tube is inserted.
- The urge to sneeze, cough, or swallow during the procedure.
- Altered throat sensation for a short while after the procedure

In rare cases:

- Nosebleeds can happen, but usually stop very quickly.

It is **recommended you do not eat or drink for approximately 20 minutes** after the procedure.

What Are the Next Steps?

You will review the video images with the ENT and Speech Pathologist and discuss diagnosis and options for management. This may involve:

- **Voice therapy** with a speech pathologist.
- **Medications** and behaviour changes.
- **Surgery** with the ENT +/- voice therapy after surgery.
- Watching and waiting.
- **Referral** to other medical specialists for further investigations.

Contact Details of Your Speech Pathologist

Name:

Hospital/Facility:

Telephone:



Scan the QR code to watch a video about the procedure.



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