



**Information for
patients and
carers**

**Laryngoscopy for Tracheostomy
Management**

Direct visualisation of your upper airway

What is a Laryngoscopy?

This is a procedure to look at your larynx (voice box), and upper airway to help with managing your Tracheostomy (breathing tube in your neck).

Preparation for the scan

Avoid eating or drinking large amounts up to 2 hours prior to the laryngoscopy to avoid any reflux or vomiting in case the procedure makes you cough.

The procedure involves a fibre endoscopic camera

A thin fibre endoscope (thin flexible tube which has a light and a camera on the end of it) is gently passed up one of your nostrils and over your soft palate to view above your larynx (voice box). Once the procedure is finished the endoscope will be gently removed. It may also be gently passed into your tracheostomy tube to view the trachea. The live images are then viewed on a small screen.

Is it safe to have the Laryngoscopy?

It is very safe to have a Laryngoscopy. It can sometimes feel a little uncomfortable in your nose when passing the laryngoscope initially but this settles. A nosebleed would be a very rare side effect. Other extremely rare side effects include stimulation of the vagus nerve causing bradycardia (low heart rate), and laryngospasm (the vocal cords close and potentially occlude airflow through them). In all cases the scope would be gently withdrawn, and you would be fully monitored until your observations returned to your normal baseline.

What if I choose not to have the Laryngoscopy?

You can choose not to have the procedure. In this case, without visualising your airway, we may not be able to fully manage your tracheostomy or work towards weaning (removing) the tracheostomy tube. Your treatment will not be affected in any other way.

After the Laryngoscopy

After the laryngoscopy you are free to go back to your ward, if an inpatient, or go home.

Your results

The images will be reviewed after your visit. The results of your procedure will be discussed at the Lancashire and South Cumbria Regional Tracheostomy Team weekly team meeting to provide a comprehensive management plan specifically tailored to your airway. This will be discussed with you in depth at your next clinical visit and once agreed, all health professionals involved in your care will be informed of the proposed therapy plan. A report will be provided and copied to you if you wish.

Contact details

Should you require further advice or information please contact

Lancashire and South Cumbria Regional Tracheostomy Team

Trache.team@nhs.net 07912 234 588.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Department: L & SC Regional Tracheostomy Team

Division: Respiratory Medicine

Production date: August 2023

Review date: August 2026

JR 991 V1