

Laryngology/Voice Clinic

Information for patients, relatives and carers

- ① For more information, please contact:
Telephone: 01904 721540
Email: Joannebrooke@nhs.net
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This information is important

This leaflet describes the Laryngology/Voice Clinic appointment and what is involved for you.

Please read this carefully before coming for your appointment so that you can ask for more explanation or reassurance when you attend.

If you have any major concerns before your appointment, please contact our department on the telephone number above.

How may the Voice Clinic help you?

You are experiencing some form of voice, swallowing, cough or throat problem. Assessment at the Laryngology / Voice Clinic allows a full examination of your throat and larynx (voice box). This examination tells us if there is any obvious reason for your symptoms and the best way to treat your difficulty.

Do not be surprised if the appearances in your throat are normal because many patients have symptoms without any visible irregularity.

Sometimes further investigations are required after your appointment. These will be fully explained to you.

What happens during my appointment?

The nurse will talk to you first and make sure you understand what will happen. You will be asked to complete a questionnaire; this provides us with detailed information about your difficulty.

A doctor or advanced therapy practitioner will perform an endoscopy examination. You will be able to talk to the person performing the endoscopy before proceeding with the examination. There may be other people present in the room, for example medical students or speech therapists.

Preparation

- The nurse will give you the questionnaire to complete prior to seeing the doctor and/or advanced therapy practitioner.
- Please bring your spectacles/hearing aids.
- It is helpful to bring a list of any medication you are taking with you.
- Your appointment may last at least two hours depending on the need for any further tests or treatment.
- You can eat and drink normally before your appointment.

What is an endoscopy?

A very small flexible camera tube is passed through your nose and rests behind your tongue above your larynx (voice box) – to examine the throat and larynx.

- ✓ You can talk normally throughout
- ✓ You can breathe normally throughout
- ✓ You may be asked to use your voice when the camera is in place. This gives the practitioner information about how your problem is affecting your voice and how you are using your muscles. It helps to inform which treatments may be best for you.

Although endoscopy cannot be described as a pleasant experience it is not usually painful, and the procedure should not last more than four to five minutes. There are no known risks from having a flexible endoscopy via the nose. Occasionally you might feel slight tenderness in the nose or throat afterwards. This is temporary and should last no longer than a few hours.

Benefits

This examination allows the doctor or advanced therapy practitioner to obtain a very clear and thorough view of your throat and larynx (voice box); disorder or disease can then either be ruled out or diagnosed accurately and the best treatment options can be discussed.

Is there an alternative?

The doctor can use a small mirror in your mouth to examine the larynx. This investigation does not allow for a detailed assessment of your voice and therefore some problems could be missed.

If you might prefer this, please ask the doctor.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: Mr Phillips, Consultant ENT Surgeon, Head and Neck Department, York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725611 or email joanna.stocks@york.nhs.uk.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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