

# Laryngoscopy

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This fact sheet is for general information about this procedure only. It is not intended to be used as medical advice or to replace advice that your relevant healthcare professional would give you. If you have a particular medical problem, please consult a healthcare professional.

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## What is a laryngoscopy?

A laryngoscopy is a procedure to look at your voice box (larynx) using a rigid telescope.

## What are the benefits of a laryngoscopy?

Your doctor is concerned that you may have a problem in your larynx. A laryngoscopy is a good way of finding out if there is a problem.

If your surgeon finds a problem, they can perform biopsies (removing small pieces of tissue) to help make the diagnosis. For some people, the treatment can be performed at the same time.

## Are there any alternatives to a laryngoscopy?

Your doctor has recommended a laryngoscopy as it is the best way of diagnosing most problems with your larynx.

Your doctor will usually have looked at your larynx using a flexible telescope (endoscope) or a smaller rigid telescope.

## What does the procedure involve?

A laryngoscopy is performed under a general anaesthetic and usually takes about 30 minutes.

Your surgeon will place a rigid telescope (laryngoscope) into the back of your mouth to examine your larynx.

Your surgeon may be able to remove small problems from your larynx using surgical instruments or a laser. If you have a lump, they will be able to perform biopsies and take photographs to help make the diagnosis.

## What complications can happen?

- Sore throat
- Breathing difficulties or heart irregularities
- Allergic reaction to the equipment, materials or medication
- Heart attack or stroke
- Making a hole in your tongue or the lining of your throat

- Damage to teeth or bridgework, or bruised gums
- Bleeding
- Change in taste
- Developing a hoarse voice
- Airway fire, if oxygen in your airways catches fire during laser surgery
- Chest infection

## How soon will I recover?

You will usually recover in about 2 hours.

If your doctor performed a biopsy, you may need to stay overnight and wait until the next morning before being given a drink. You may need to rest your voice for the first few days.

You should be able to return to work after a few days.

The healthcare team will tell you what was found during the laryngoscopy and discuss with you any treatment or follow-up you need.

Regular exercise should improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.

## Summary

A laryngoscopy is usually a safe and effective way of finding out if there is a problem with your larynx.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

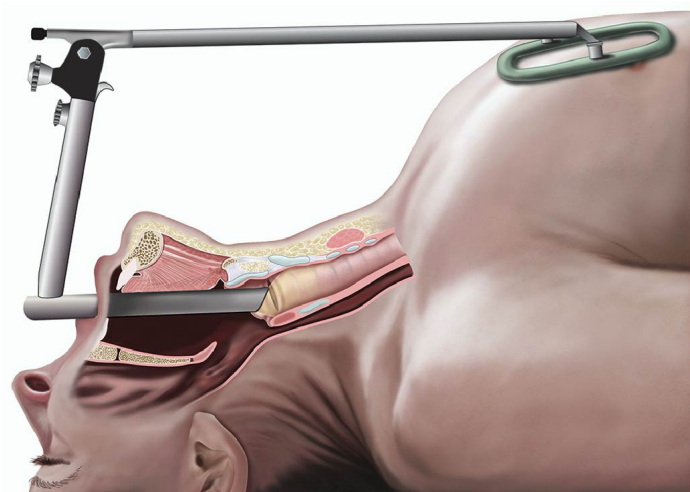
Some information, such as risk and complication statistics, is taken from global studies and/or databases. Please ask your surgeon or doctor for more information about the risks that are specific to you, and they may be able to tell you about any other suitable treatments options.

This document is intended for information purposes only and should not replace advice that your relevant healthcare team would give you.

## Acknowledgements

### Reviewer

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A laryngoscopy

**Illustrator**

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