

Procedure Information Sheet – Sleep Endoscopy

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No. :	

1. Introduction

- 1.1. Sleep endoscopy is a procedure for studying the dynamic airway in a sleeping patient with obstructive sleep apnea (OSA). Patient is put to sleep under sedation. While patient is sleeping, endoscopy is performed to determine where obstruction is causing obstructive sleep apnea. Based on the level and pattern of airway obstruction in a patient with OSA, sleep endoscopy allows the physician to tailor the treatment plan to each patient.

2. Procedural Preparation

- 2.1. A written consent is required.
- 2.2. Continue inhalational therapy for patient suffering from chronic airway diseases.
- 2.3. Please remove the dentures, glasses, contact lens, accessories or metal.
- 2.4. Please inform doctor for the followings:
 - 2.4.1. Diabetes mellitus, hypertension, cardiac or pulmonary disease
 - 2.4.2. Drug history, especially for antiplatelet and anticoagulant, such as NSAID, Warfarin...etc.
 - 2.4.3. Drug allergy
 - 2.4.4. Pregnancy

3. Procedure

- 3.1. Patient may need local anaesthesia. Moreover, sedation will be given to make patient sleep.
- 3.2. Supplemental oxygen therapy may be required.
- 3.3. A small flexible endoscope is passed through the nostril to directly visualize the entire upper airway and visualize the specific sites of obstruction
- 3.4. Vital signs will be closely monitored throughout the whole procedure.

4. Possible Risks and Complications

- 4.1. The procedure is relatively safe and complication is rare and easy to manage:
 - 4.1.1. Severe nose bleeding (< 1%)
 - 4.1.2. Injury of aerodigestive tract (< 0.5%)
 - 4.1.3. Perforation of hypopharynx & oesophagus (< 0.5%)
 - 4.1.4. Anaphylaxis to anesthetic agent

5. Post-procedural information

- 5.1. As the effect of local anaesthetic will persist for about an hour, patient should remain fasted until anaesthesia has worn off. This prevents choking with food or fluid intake.
- 5.2. If the patient has received intravenous sedation, patient should avoid operating heavy machinery or driving for the rest of the day to prevent an accident. Also he/she should avoid signing any legal document.
- 5.3. The patient may contact the Endoscopy Centre during office hours for any discomfort after the procedure, or any question about the examination result and drug treatment.
- 5.4. However, if patient has the following conditions such as passage of large amount of blood, severe abdominal pain, or fever, he/she should seek medical advice at the nearest Accident and Emergency Department.

6. Reference

- 6.1. Hospital Authority. Smart Patient Website.
- 6.2. Medscape (2014). Sleep Endoscopy.



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I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name: _____

Date: _____

