

Sedation-Free Patient Considerations

Ideal Patients to Consider

- ☐ Patients in need of follow-up endoscopy
- ☐ Has experience with taking nasal medications
- ☐ Does well with medical tests and procedures (lab draws, IV starts, skin prick testing, manometry, NG tubes, rectal exams, COVID test, etc.)
- ☐ Patients with good coping skills and/or have used deep breathing techniques
- ☐ Tolerates ENT procedures, NG tube placements, or pH impedance placements
- ☐ Loves gaming, theater/drama, and movies
- ☐ Calm, easy going demeanor
- ☐ Patients/families that are well known to provider

May Need Additional Support

- ☐ Smaller-sized anatomy
- ☐ Screams during medical procedures
- ☐ Syncope during medical procedures
- ☐ Difficulty coping or calming in new/stressful situations
- ☐ Over-confident patients who report pain doesn't bother them
- ☐ Difficulty communicating
- ☐ Untreated anxiety

Relative Contraindications

- ☐ Severe nasal anatomy problem
- ☐ Bleeding disorders and other endoscopic contraindications

Educate Patients

- ☐ Watch video with provider
- ☐ Discuss patient/family experience and realistic expectations
- ☐ Offer handouts to take home
- ☐ Meeting with endoscopy or child life team
- ☐ Pre-call/visit with team



¹ Nguyen N, et al. Transnasal Endoscopy in Unsedated Children With Eosinophilic Esophagitis Using Virtual Reality Video Goggles. Clin Gastroenterol Hepatol. 2019 Nov;17(12):2455-2462.

² Nguyen N, et al. Emerging Role of Transnasal Endoscopy in Children and Adults. Clin Gastroenterol Hepatol. 2022 Mar;20(3):501-504.

³ Cho S, et al. Unsedated transnasal endoscopy: a Canadian experience in daily practice. Can J Gastroenterol. 2008 Mar;22(3):243-6.