

Cleft Care: What to expect at a nasendoscopy

Why am I having this test?

Your cleft team wants to see how the back part of your mouth, called your soft palate, works when you talk.

The soft palate helps:

- keep air in your mouth when you're talking
- stop air and sound coming out of your nose
- make speech sounds clear.

A nasendoscopy lets us see this clearly.

What is a nasendoscopy?

A nasendoscopy is a short test. The test usually takes about 5 to 10 minutes.

A very thin, bendy camera goes gently into your nose. The camera lets us see how your palate moves when you speak.

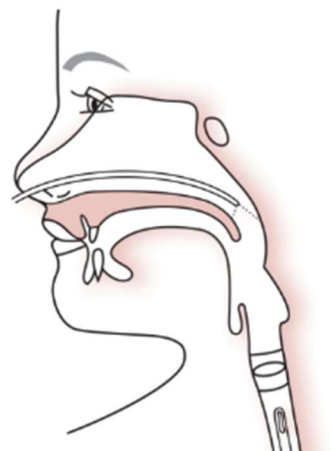
It sounds scary, but it is quick and safe.

Why is it important?

This test helps the team:

- see how your palate is working
- decide if speech therapy might help
- decide if surgery might help
- plan other surgeries safely, like jaw surgery.

It helps us look after your speech.



Who will be there?

Your cleft team will be with you on the day:

- your Plastic Surgeon
- a Speech Pathologist
- a nurse.

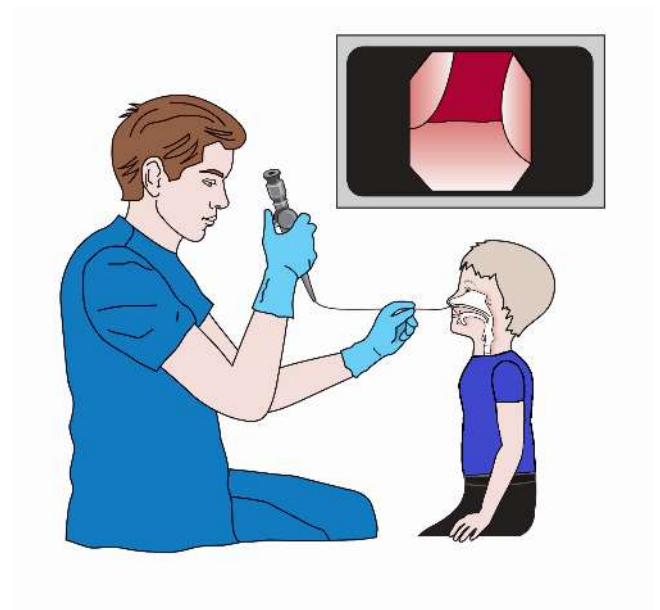
Your parent or carer can stay with you if you want.

You can ask questions at any time.



What will happen?

1. You will sit upright in a chair.
2. The doctor will spray numbing medicine into your nose. This makes it more comfortable. It may taste funny.
3. When you are ready, the doctor gently places the thin camera into your nose. The spray will make sure it doesn't hurt. It might feel:
 - tickly
 - a bit strange
 - like you need to sneeze.
4. While the camera is in place, the speech pathologist will ask you to:
 - say some sounds
 - say some words
 - say some sentences
 - maybe have a short chat.
5. The camera records how your palate moves while you talk.



The test usually takes about 5 to 10 minutes.



After the test

- The recording is saved straight away.
- You and the cleft team looks at it together.
- The team will talk with you and your family on the same day.

The team will explain how your palate is moving, if therapy could help, or if surgery might help. You may decide on the plan on the day or you may come back to clinic in a few months to make a plan.

Its normal to feel nervous

Some young people feel worried before this test. That is completely normal. You can:

- ask questions
- take a short break
- tell us if you need more numbing spray.

We will go at your pace.

After you go home

Your nose and throat may feel numb for a couple of hours. This usually goes away quickly.

To keep you safe, do not eat or drink for 2 hours after the test.

Cleft Care team contacts

If you have any questions or concerns, please contact the cleft team for support.

Clinical nurse specialist

Phone: (08) 6456 8132

Speech Pathology

Phone: (08) 6456 0414

Cleft administration

Phone: (08) 6456 4380

Email: PCH.PlasticsCNS@health.wa.gov.au



Government of Western Australia
Child and Adolescent Health Service



Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

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