

Learning About Your Child's Laryngoscopy

A laryngoscopy is a test that lets your doctor look inside your child's throat, voice box—also called the larynx—and the vocal cords.

Before the test, be sure to follow your doctor's directions for preparing your child, including when your child should stop eating and drinking.

The doctor may numb the nose and throat to help your child feel more comfortable.

A flexible laryngoscopy uses a scope that goes through the nose and gently down your child's throat.

Depending on the problem, the doctor may ask your child to make some high-pitched "e-e-e-e" or low-pitched "a-a-a-a" sounds.

This helps the doctor see your child's vocal cords in action.

The test usually takes 5 to 10 minutes.

You can stay with your child during the test.

Now, there's another kind of laryngoscopy that uses a rigid scope and goes into the mouth to show the back of the throat.

It's usually done during a surgery.

The doctor uses it to remove an object that is stuck in the throat, or to collect a tissue sample.

Before this procedure, your child will get medicine so they won't feel anything.

After a laryngoscopy, your child will probably be able to go home right away.

But if your child had a rigid laryngoscopy and surgery, your doctor will let you know when you may be able to go home.

When you're home, encourage your child to get plenty of rest. Your child may have a sore nose or throat.

You can offer your child fluids, like water, apple juice, and flavored ice pops.

Avoid hot drinks, soda pop, and citrus juices such as orange juice.

When your child is ready to eat, start with easy-to-swallow foods, like soft noodles, pudding, canned or cooked fruit, scrambled eggs, and mashed potatoes.

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Getting a laryngoscopy might seem scary, especially for kids.

But the doctor and medical staff will be there the whole time to make sure your child is

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