ENT – Feeling of something stuck in throat, (FOSSIT)
Patient Pathway (Adults)

Feeling of something stuck in throat

If the patient has any of the following:
• Current Smoker (or within last ten years)/ history of excess consumption of alcohol
• Referred otalgia
• Dysphagia
• Hoarseness
• Stridor
• Unilateral symptoms
• Weight loss
• Abnormal neck examination e.g. enlarged nodes
• Haemoptysis

Urgent referral

GP Assessment
Are symptoms:
• Noticed between rather than during meals
• Not aggravated by swallowing food
• Noticed at midline/cricoid supra-sternal notch
• Intermittent
And if on physical examination patient has:
• Normal oral cavity, tonsils, pharynx and neck
• No pain/tenderness
• No voice problems
• No pharyngeal problems

Yes

No

GP or practice nurse
• Provide reassurance to patient and discharge
• Patient should be informed that they should return if any new symptoms develop
Consider trial of:
1 Antacid
2 H2 Antagonist
3 Proton Pump Inhibitor as indicated for acid reflux

If new symptoms develop

ENT Department
Referral to Head and Neck Clinic with suspicion of cancer

November 2012