

## Patient information

### Discharge Following your Oesophageal Dilatation

#### Endoscopy Unit – Aintree Hospital

You have had an oesophageal dilatation which is the stretching of a narrowed area or stricture using a balloon. Prior to your admission you should have received and read the Upper Gastrointestinal (GI) endoscopy and dilatation patient information leaflet.

#### What happens after the procedure?

- You may feel drowsy due to the sedation.
- You may experience a sore throat which usually passes after a couple of hours but can last for a few days.
- You may feel bloated. This is due to the introduction of air during the procedure.
- The endoscopist will have informed you of the immediate findings of the examination and will have advised you on diet and fluids.
- Many people find they do not remember all the information given to them so this will be provided to you in writing in the form of a procedure report. You may have a friend or family member present if you wish.
- You will be advised on when to restart your usual medications.
- The sedation you have been given will remain in your body for several hours. You will need to have someone with you for the rest of the day and overnight. As you have had sedation you should not work, drive a car, operate machinery, drink alcohol or sign legal documents for 24 hours.

#### What should I do when I go home?

- Once at home you are advised to rest for the remainder of the day.
- A sloppy diet light diet is recommended for the first 48 hours. You should avoid bread during that time. After this period, you may return to your regular diet.

You will have a dressing in place over the injection site in your hand or arm. You can remove the dressing after a short while. If there is any redness, tenderness or swelling at the injection site and this persists for longer than 48 hours, please contact your general practitioner (GP).

## **Are there any possible complications after an Oesophageal Dilatation?**

While every precaution is taken to prevent any problems, complications can occur and sometimes these may not be evident for several hours.

If, in the next 24-48 hours, you experience any of the following contact Aintree Hospital Tel.0151 525 5980 and ask to speak to the endoscopy co-ordinator (Mon – Fri 09.00 – 17.00) or outside of these hours contact the nurse clinician bleep 5147 or bleep 2076:

- Vomiting blood or black coffee ground material.
- Severe chest pain.
- New onset of abdominal pain.
- Difficulty or pain when swallowing.
- Severe dizziness or fainting.
- Sweating, severe nausea or high fever.
- Difficulty in breathing or development of a cough.
- Passage of a large amount of blood or black stools.

These symptoms may indicate a complication of the procedure; your doctor will want to discuss these symptoms with you.

**If your symptoms cause concern, persist or if the pain is severe, you must seek help immediately from your GP or go to your nearest accident and emergency department and if possible bring your copy of your procedure report.**

## **Will I need a follow up appointment?**

- If you need to be reviewed at a clinic in the hospital, an appointment will be arranged and sent to your home address.
- If you do not require a follow-up appointment, we will advise that you will receive a letter via post informing you of your histology results. You should receive this letter within four – six weeks.
- You will be discharged on the day of your procedure with a copy of your report. A copy of all this information will also be sent to your GP.

## **What should I do if I have any concerns about the procedure?**

- We welcome and encourage your feedback. Therefore, if you have any comments, concerns or queries about your visit to the endoscopy unit at Aintree Hospital please do not hesitate to speak to the nurse in charge or contact customer services  
Tel: 0151 529 3287  
Endoscopy unit, Elective Care Centre, Lower Lane, Liverpool, L9 7AL  
Tel: 0151 525 5980.

**Note:** This document is intended for information purposes only

## **Feedback**

Your feedback is important to us and helps us influence care in the future. Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further information**

**If you need any further information, please contact the Endoscopy unit,  
Elective Care Centre Aintree Hospital  
Telephone: 0151 525 5980.**

## **Useful websites**

- **[www.aboutmyhealth.org.uk](http://www.aboutmyhealth.org.uk) – for support and information you can trust.**
- **[www.gutscharity.org.uk](http://www.gutscharity.org.uk)**

## **NHS 111**

**For health advice and reassurance, 24 hours a day, 365 days a year  
Tel: 111 (Text phone: 18001 111)**

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