

Patient information

Discharge Information for Patients with Barrett's Oesophagus undergoing Radiofrequency Ablation

Gastroenterology and Hepatology

Name:

Date:

Treatment performed by: Dr H L Smart, Consultant Gastroenterologist or Dr A Moore, Consultant Gastroenterologist

You have been treated with the BarrX Radiofrequency ablation system. This device applies heat to the oesophagus to ablate the lining – the Barrett's mucosa. The aim is to completely remove this abnormal lining.

What happens after the test?

You should expect to experience the following side effects. They may last for up to two weeks.

- Mild chest discomfort
- Mild discomfort on eating, particularly hot or solid foods.

If you have had sedation

If you have had sedation, the nurses will keep an eye on you whilst you are recovering and will offer you a drink before you go home. You should expect to be in the unit for two hours after the treatment has finished before going home. A Doctor will check you to make sure you are fit to leave.

The drugs used in sedation may affect your memory or concentration for up to 24 hours. Many patients remember nothing about the procedure or even what the doctor has said to them afterwards.

For these reasons you must arrange for a friend or relative to collect you from the unit and we recommend they stay with you afterwards.

If you have an afternoon appointment, your escort is asked to arrive no later than 4.30pm.

For the next 24 hours you must not

- Drive any vehicle, scooter, car or ride a motorbike.
- Operate machinery (to include use of a cooker).
- Drink alcohol.
- Climb ladders.
- Sign any legal binding documents.

You should

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

What you should do after the treatment

1. Please only drink liquids for the rest of the day. After this, eat only a soft diet for the next two to four days, avoiding meat, bread and hot drinks.
2. You have been prescribed strong acid suppression medication such as the medication listed below. You should continue this for at least two months. This is to enable the treated area of the oesophagus to heal and prevent additional ulceration from acid reflux.
3. You should be taking one of the following medicines: Omeprazole, Lansoprazole, Pantoprazole, Rabeprazole or Esomeprazole. **If you are not taking one of these drugs, please tell us immediately.** On discharge you will be advised regarding the dosage to stay on and for how long.
4. In addition, you will find the benefit from taking the extra medication prescribed after the procedure. This should be taken as instructed.
5. Soluble paracetamol or co-codamol can be taken following recommended doses as needed.
6. **Do not take**, clopidogrel, non-steroidal anti-inflammatory medications or warfarin for seven days. This is to reduce / prevent the risk of bleeding from the treated area of the oesophagus.

What symptoms or complications, if any that may occur following Radiofrequency Ablation treatment?

You may develop swallowing difficulties after this procedure. If persisting or worsening you should contact your nurse practitioner on the number below.

Following the procedure you may experience a sore throat, this should be slight and will pass off quickly and is likely due to the passing of the endoscope and Radiofrequency Ablation device during the procedure.

Any stomach ache will be due to the air put into your stomach during the procedure and it will not last long.

A full report will be sent to your family doctor and referring Consultant and his team.

Please note:

If you experience any of the following you are advised to contact your nurse practitioner (number below) or attend the nearest Emergency Department (A&E) together with this discharge letter so they will understand the procedure you have undertaken.

- Significant pain in neck, chest or abdomen.
- Difficulty swallowing.
- Fever.
- Persistent or large amounts of bleeding.
- Difficulty breathing.
- Persistent vomiting.

Important Information

If you need care for a digestive issue from any healthcare personnel in the six months following the ablation procedure, please tell them you have had radiofrequency ablation treatment and they must contact us before any treatment is initiated.

Further Information

Monday to Friday

Please phone the Upper Gastrointestinal Nurse Practitioners on:

Tel: 0151 706 2653.

Text phone number: 18001 0151 706 2653

If there is no reply please leave a message on the answer machine and we will get back to you as soon as possible.

You can also phone the main hospital on Tel: 0151 706 2000/

Text phone number: 18001 0151 706 2000 and ask for the Specialist Nurse to be contacted on bleep 4517.

You can also contact the Gastroenterology Unit during the following hours

Monday – Thursday	0800 – 2100 hrs
Friday	0800 – 1700 hrs
Saturday/Sunday/BH	0800 – 1600 hrs

Tel: 0151 706 2819/2726

Text phone number: 18001 0151 706 2720

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

Weekends or nights

Telephone the Royal Liverpool University Hospital on Tel: 0151 706 2000

Text phone number: 18001 0151 706 2000 and ask to speak to the on call

Gastroenterology Specialist Registrar.

The Emergency Department (A&E) is open 24 hours

Telephone number 0151 706 2051/2050

Text phone number|:18001 0151 706 2051/2050

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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زانیاری پیوندیدار بهو نه‌خوشانه‌ی له‌لایمن تراستوهه پسمند کراون، نه‌گمر داوا بکرنیت له فورمات‌ه‌کانی تردا بریتی له زمانه‌کانی تر، نیزی رید (هاسان خویندنه‌وه)، چاپی گموره، شریتی دنگ، هیللی موون و نملیکترونیکی همیه.

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