

Patient information

Oesophageal Dilatation Aftercare

Digestive Disease Care Group

You have had the narrowed area in your oesophagus (gullet) stretched. This was performed through an endoscope similar to the one used in your initial gastroscopy.

You will have been offered a drink before leaving the Gastroenterology Unit. You are advised to take nourishing fluids until tomorrow, then a 'sloppy diet', avoiding bread for 24 hours following your dilatation. You may then resume your normal diet. Take some fizzy drink with your food.

Minor post procedure symptoms

- You may or may not experience a sore throat. If you do, it can last for a couple of days but more commonly passes after a couple of hours.
- Stomach ache is most likely due to the air inflated into your stomach during the procedure. This will pass in its own time.

Serious post procedure symptoms

Please go straight to your nearest Emergency Department (A&E) if you have severe pain in your neck, chest or stomach.

Please take this leaflet with you to let them know what procedure you have had today. They will contact the Gastroenterology Registrar if appropriate.

If you have difficulty or are unable to swallow at any time you may contact the Gastroenterology Unit directly on Tel: 0151 706 2656 during office hours or go to the nearest Emergency Department (A&E).

Important advice

- You may have difficulty remembering the endoscopy and the results that you may have been given. This will be the result of the sedation, which can stay in your system for up to 24 hours. You are asked not to leave the Unit until your escort has arrived and the nurse has discharged you.
- A full report of your gastroscopy findings will be sent to your family doctor (GP.)

For next 24 hours you must not:

- Travel alone.
- Drive any vehicle e.g. car, scooter or ride a motorcycle or bicycle.
- Operate machinery (including domestic appliances such as a kettle).

- Climb ladders.
- Make important decisions, sign any business or legal documents.
- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

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.

Further appointments

- ☐ Make an appointment to see your family doctor (GP) within the next one to two weeks.
- ☐ Attend your clinic appointment on _____ with Dr / Mr _____
- ☐ A clinic appointment will be sent to you through the post in the next three to four weeks.

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 have any questions or queries, please 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 2656/ 2819/2726

Text phone number: 18001 0151 706 22656/2819/2726

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

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

Tel: 0151 706 2051/2050

Text phone number: 18001 0151 706 2051/2050.

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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