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The Royal Liverpool  
and Broadgreen  
University Hospitals  
NHS Trust

## Patient information

### Oesophageal Endoscopic Mucosal Resection - Patient Discharge Advice

Digestive Disease Care Group

**Name:**

**Date:**

**Your procedure has been performed by:** .....

You have been treated by Endoscopic Mucosal Resection (EMR). This procedure aims to completely remove the visible abnormal tissue from the oesophagus.

#### **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 warm drink before you go home. You should expect to be in the unit for two hours after the treatment has finished before going home. You will be assessed 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 next 24 hours you must not:**

- Drive any vehicle e.g. car, scooter or ride a motorcycle or bicycle.
- Operate machinery (including domestic appliances such as a cooker or kettle).
- Climb ladders.
- Make important decisions, sign any business or legally binding documents.
- Drink alcohol.

## 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 two 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 or non-steroidal anti-inflammatory medications for seven days. This is to reduce / prevent the risk of bleeding from the treated area of the oesophagus.
7. If you have been taken Warfarin or other Anti-coagulations, these will have been stopped usually five days before your procedure. You will be told when these drugs can be restarted after your Endoscopic procedure.

## What symptoms or complications, if any that may occur following EMR treatment?

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

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 EMR during the procedure.

Delayed bleeding may occur up to two weeks after the procedure. If you vomit blood or pass tarry bowel motions you should **seek medical advice immediately.**

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

A full report will be sent to your family doctor (GP) and referring consultant and his team.

## Please note:

**If you experience any of the following you are advised to contact your nurse practitioner (number at the end of the leaflet) 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.**

## **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**

**Monday to Friday - Please phone the Upper Gastrointestinal Nurse Practitioners on telephone number Tel: 0151 706 2653.  
Text phone number: 18001 0151 7062653**

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

**Weekends or nights - Telephone the Royal Liverpool University Hospital on Tel: 0151 706 2000 and ask to speak to the on call Gastroenterology Specialist Registrar.  
Text phone number: 18001 0151 706 2000**

**Author: Digestive Disease Care Group  
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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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