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Advice after an oesophageal dilatation procedure

Endoscopy Department

Information for Patients

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When can I eat or drink after my procedure?

You must not eat or drink anything for 45 minutes after having a local anaesthetic throat spray. Your throat will be numb and there is a risk of choking. Depending on the procedure performed, some patients cannot eat or drink for 2 hours after the procedure.

We will give you something to eat and drink before discharge. You can continue to eat only soft or liquidised food (no biscuits or toast) for 48 hours. Solid food may get stuck in your food pipe (oesophagus) if any swelling or bruising has not gone down (usually goes down after 48 hours). Avoid eating chunks of meat or pieces of bread at the beginning. Cut or minced food is best. This should be chewed well.

Do not eat or drink until: _____

Do not eat solid food until: _____

For 12 hours you should:

- be accompanied by a responsible adult

For 24 hours:

- do not drive a car or ride a bicycle.
- do not drink alcohol.
- do not use any machinery or do anything needing skill or judgement.
- do not make important decisions or sign any documents.
- do not climb ladders.
- do not return to work until after this period of time.

General advice

- Go home and rest.

- Small amounts of blood thrown up are not of concern.
- General abdominal discomfort and swelling is often due to trapped air.
- Mild chest pain or mild upper abdominal pain is not a concern

When to get help

You may have a lot of pain if there is a tear (perforation). You should contact the Endoscopy Department where your procedure was carried out, if you have any of the following:

- sudden chest or tummy (abdominal) pain, particularly if it is severe and lasting.
- heavy bleeding.
- vomiting blood.
- passing jet black poo (stool).

If the department is closed, contact your GP or ward 42 at Leicester Royal Infirmary on 0116 258 6284 for advice.

If both are unavailable and you have heavy bleeding and/ or severe pain, go to the Emergency Department or call the NHS helpline on 111 for an ambulance.

We will give you a copy of your endoscopy report in case you need to go to the Emergency Department. You should take this with you.

Endoscopy Department contact details

Endoscopy Department can be contacted Monday to Sunday, 8am to 6pm:

Leicester General Hospital:	0116 258 4183
Leicester Royal Infirmary:	0116 258 6997
Glenfield Hospital:	0116 258 3130

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

If you would like this information in another language or format such as EasyRead
or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net

We are a research hospital and you may be asked to take part in research

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