

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, as your throat will be numb and there is a risk of choking. Depending on the procedure performed, some patients may need to remain nil by mouth for 2 hours after the procedure.

You will be given something to eat and drink before discharge and can continue to eat only soft or liquidised food (no biscuits or toast) for 48 hours. Solid food may get stuck in your gullet (oesophagus) if any swelling or bruising hasn't gone down (usually goes down after 48 hours). Avoid chunks of meat or pieces of bread initially. Cut or minced food is best, which should be chewed well.

Do not eat or drink until:

Do not eat solid food until:

If you have had sedative medicine:

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 operate any machinery or do anything needing skill or judgement.
- do not make important decisions or sign any documents.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals

To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

- 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 retained air.
- Mild chest pain or mild upper abdominal pain is not a concern.

When to seek help

You may have severe pain if there is a tear (perforation). You should contact the Endoscopy Department where your procedure was carried out (opening times Monday to Sunday - 8am to 6pm), if you have any of the following:

- Sudden chest or tummy (abdominal) pain, particularly if it is severe and persistent.
- Heavy bleeding.
- Vomiting blood.
- Passing jet black poo (stool).

At any other times contact your GP for advice, or when your GP is unavailable call Ward 42 at the Leicester Royal Infirmary on 0116 258 6284. Should neither be available and if you have heavy bleeding and/ or severe pain, go to the Emergency Department or call the NHS helpline on 111 for an ambulance.

You will be given a copy of your endoscopy report in case you need to go to the Emergency Department, which you should take with you.

Endoscopy Department contact details

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

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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