

If you have any other problems or queries about your test, please telephone the Endoscopy Unit on:-

Tel: 01634 825027 or 01634 825028

Opening Hours:

Monday -Friday: 7.30am to 6.00pm

**Sunderland Day Case Centre
Endoscopy**

**Discharge Advice After
your Oesophageal
Dilatation**

Endoscopy Unit
Sunderland Day Case Centre
Medway NHS Foundation Trust
Windmill Road
Gillingham
Kent ME7 5NY
01634 830000

PIL00000349-3

Date: February 2016

Review Date: February 2017



www.medway.nhs.uk

After your Gastroscopy

You have just had a procedure called an oesophageal dilatation and have been given sedation. Therefore it is essential that someone accompanies you home and that there is someone with you for the next 12 hours.

The effects of the sedation can last for 24 hours after your gastroscopy. During this time, you should not drink any alcohol or place yourself in a position of risk such as:-

- ◆ Driving a motorised vehicle
- ◆ Operating machinery
- ◆ Making important decisions
- ◆ Signing important documents

Eating and Drinking

You may be able to eat and drink half an hour after your procedure. However we may delay this until a chest X-ray has been performed.

You can take your normal prescription medicines as soon as you are able to drink safely.

After Effects

You may experience a feeling of abdominal bloating and / or wind-like pains.
By taking warm drinks and moving around, this will pass quickly. You can take ordinary pain relief at home if necessary. Please follow the instructions carefully.

You may experience a sore throat for a few days after your procedure. This can be relieved by sucking lozenges for a sore throat.

You will have a dressing in place over the injection site. Leave this in place until you get home. If any redness, tenderness or swelling persists for longer than 48 hours please contact the endoscopy unit or your GP.

Contact the Endoscopy Unit or the Accident and Emergency Unit if you experience any of the following:

- ◆ Increasing breathlessness
- ◆ Vomiting of blood
- ◆ Severe chest pain
- ◆ Unable to swallow liquids or food