

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 Unit**

**Advice After your
Oesophageal Stent
Insertion**

Endoscopy Unit
Sunderland Day Case Centre
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PIL00001208-3

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www.medway.nhs.uk

After your Stent Insertion

You have just had a procedure called a Gastroscopy with an insertion of an oesophageal stent and have been given sedation, therefore it is essential that someone accompanies you home and that there is someone with you for the next few hours.

The effects of the sedation can last from 24 hours to 48 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

We will advise you when you can start to eat and drink. We may request a chest X-ray first to check the position of the stent. We will start by giving you a glass of water and liquids to drink.

You can take your normal prescription medicines as soon as you are able to drink safely. However, please discuss this with the ward staff first.

After Effects

You may have a sore throat for a few days. The stent takes up to 24 hours to fully expand and you may experience some mild chest pain. This should be relieved with pain killers such as those taken for a headache. Follow the manufacturers instructions carefully.

In the future you should be on a soft diet and avoid hard foods such as steak and crusty bread. If you eat meat, it should be the consistency of mince.

It is important to drink extra fluids at mealtimes. Before, during and after meals. You may find that you are unable to eat large meals and may find it easier to eat a number of small meals throughout the day.

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

You will have a dressing in place over the injection site which can be removed once you reach home. If any redness, tenderness or swelling persists for longer than 48 hours please contact the endoscopy unit.