

Lady Sobell Gastrointestinal Unit Wexham Park Hospital

What to expect after your Oesophageal Dilatation

What are the possible after effects of the procedure?

You are likely to have a sore throat following the procedure and you may feel bloated due to air in your stomach.

You may have some chest pain. If so, paracetamol or soluble paracetamol is recommended.

What are the after effects of the sedative injection?

If you have had a sedative injection, your mental ability to think clearly and make decisions may be affected for up to 24 hours after the procedure even though you feel wide-awake. For this reason, you **must** have someone who can take you home **and** look after you for the rest of the day. You may resume eating as normal.

If you have had sedation, for **24 hours** after your procedure you must not:

- Drive
- Operate potentially dangerous machinery

For **8 hours** after sedation, you should also not:

- Use potentially dangerous appliances such as a cooker or kettle
- Have a bath unsupervised
- Look after dependants on your own
- Go to work
- Sign any legal documents
- Drink any alcohol
- Take sleeping tablets or recreational drugs

If you have had **inhaled pain** control, you should not drive for at least 30 minutes.

When to seek help after the test

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test. If you experience severe chest or abdominal pain, particularly on swallowing, or if you vomit blood, please seek medical help immediately.

If you are concerned or distressed by the symptoms, the priority will be to return to hospital to be seen in the Emergency Department. However, if there is time and you or a family member are able, please also consider the following options:

- Telephone the **Lady Sobell GI Unit** at Wexham Park Hospital on **01753 634163** during normal office hours.
- **Outside office hours**, telephone the **Christiansen Unit** at Wexham Park Hospital on **01753 634716** or **01753 634719** and ask for advice.

Please do not hesitate to contact us if you are worried about any symptoms you experience after this test.

Follow up Information

- A copy of your endoscopy report is attached.
- A copy of your endoscopy report will be sent to your GP.
- You need to see your GP for treatment. Please check your GP practice has received your results before making an appointment or take your copy of the report with you.
- You need to be seen in an Outpatient Clinic. Please see attached paperwork.
- You need another investigation. Please see attached paperwork.
- You have had a biopsy. The results will be reviewed by your endoscopist within 2 weeks and a copy of the report will be sent to your GP. You will be contacted if further action is necessary. Please note, unfortunately we cannot give results over the telephone.

For a translation of this leaflet or for accessing this information in another format:



Please contact (PALS) the Patient Advice and Liaison Service on:

Frimley Park Hospital
Telephone: 01276 526530
Email: fhft.palsfrimleypark@nhs.net

Heatherwood Hospital
Telephone: 01753 633365
Email: fhft.palsheatherwood@nhs.net

Wexham Park Hospital
Telephone: 01753 633365
Email: fhft.palswexhampark@nhs.net

<p>Frimley Health NHS Foundation Trust Frimley Park Hospital Portsmouth Road Frimley Surrey GU16 7UJ</p> <p>Hospital switchboard: 01276 604604 Website: www.fhft.nhs.uk</p>	<p>Frimley Health NHS Foundation Trust Heatherwood Hospital London Road Ascot SL5 8AA</p> <p>Hospital switchboard: 01344 623333 Website: www.fhft.nhs.uk</p>	<p>Frimley Health NHS Foundation Trust Wexham Park Hospital Wexham Slough Berkshire SL2 4HL</p> <p>Hospital switchboard: 01753 633000 Website: www.fhft.nhs.uk</p>
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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible. Please therefore always check specific advice or any concerns you may have with your doctor.