



Oesophageal / Pyloric Stent – Discharge Information

You will have experienced difficulty eating and drinking because your oesophagus (food pipe) had become narrow. The doctor treating you will have explained why in detail before your treatment today. To help you eat and drink more successfully, today the doctor has introduced a special tube (stent) into your oesophagus.

What to Expect

The area of your chest where the stent has been placed may be sore for up to 48 hours, whilst the stent beds in. This is quite normal and may be helped by taking dissolvable painkillers. You will have been given a supply of these to take home with you.

You may also find some streaks of blood in your saliva or cough up mucous streaked with blood, again this is normal.

Should you experience severe pain in your chest, neck or stomach, vomit or cough up blood, experience difficulty breathing or have a severe sore throat, please contact the numbers below:

Eating and Drinking

You will have been given a drink before you left the endoscopy unit. You may drink luke warm fluids but avoid excessively hot or cold drinks over the next 24 hours.

DO NOT EAT UNTIL 24 HOURS AFTER THE STENT HAS BEEN PUT IN as the stent is still opening slowly.

After 24 hours you can start to eat a soft diet. Avoid large meals and eat little and often. Do not eat tough meat or gristle, fruit skins, raw vegetable, green salads, fish with bones, white bread, shredded and puffed wheat, chips, fried egg white and hard boiled eggs and the pith of grapefruit or oranges. **DO NOT** eat big lumps of food and spit anything out that you cannot chew properly.

If you find you cannot swallow food or fluids the stent may be blocked. Walk around and try drinking a warm or fizzy drink. If this does not work contact your Gastroenterologist, Clinical Nurse Specialist or GP for further advice.

Following Sedation

As you have received sedation or a general anaesthetic you must not:

- Drive
- operate machinery
- drink alcohol for the next 24 hours
- sign any legal documents
- take sleeping tablets
- work at heights (including climbing onto ladders or chairs)

Information for Patients

You may be unsteady and unable to co-ordinate your movements for some hours following the investigation. It is for this reason that you must have someone who can stay with you overnight.

The sedation/general anaesthetic affects your memory so you will be given written information, or be seen by the doctor, together with the person who is accompanying you, to discuss the findings of your test.

We would advise against travelling abroad in the first three days following your procedure. If you have any travel plans please discuss these with us.

You will be given a report to take to your GP within the next few days or one will be forwarded on your behalf.

To contact us by telephone:

If you have any problems or questions please use the numbers below to contact us:

Solihull Endoscopy Unit

Monday to Friday 8.30am to 5.30pm Excluding Bank holidays 0121 424 5394

An answer phone is available for you to leave your name, telephone number and message. We will return your call.

Heartlands Endoscopy Unit

Monday to Friday 8:30am to 5.30pm Excluding Bank holidays 0121 424 0438

Good Hope Hospital - Scoping Suite Treatment Centre

Monday to Friday 8:30am to 5.30pm Excluding Bank holidays 0121 424 9506

An answer telephone is available for you to leave your name, telephone number and message. We will return your call.

Queen Elizabeth Hospital Endoscopy Unit

Monday to Friday 8.30 am to 5.30 pm – Excluding Bank holidays 0121 371 3833

If your call is out of these hours and you require urgent medical advice, you can contact one of the following:

- **Speak to an Endoscopy Nurse directly – telephone 0121 424 2000 and ask to be put through to the Endoscopy Nurse on call**
- **Your own GP**
- **NHS Direct - Telephone 111**

PATIENT SATISFACTION SURVEY

Your Feedback is important to us. Please use the QR code below to complete our patient feedback survey, and let us know how we can improve our services for you.



If you require this information in another format, such as a different language, large print, braille or audio version please ask a member of staff or email interpreting.service@uhb.nhs.uk.