



## Gastroscopy and Oesophageal Dilation – Discharge Advice

Your doctor has sent you to have today's test because of your recent problems with food seeming to "stick" in your gullet, and difficulty swallowing.

During the course of the test today it was necessary to stretch your gullet to enable fluids and food to pass into your stomach more easily. This is called Oesophageal Dilation.

Usually, for this type of procedure it is necessary to give you more sedation than we would normally give to someone having a simple "camera" test or a general anaesthetic (GA). Sometimes we also give patients a strong painkiller, which, mixed with the sedative / general anaesthetic (GA) can have quite a long lasting effect (up to 24 hours).

**It is most important that you follow the instructions given in this leaflet.**

1. You may vomit a small amount of blood after this test, which is not unusual. You may also experience some discomfort and soreness in the centre of your chest, again this is not unusual.
2. If you vomit a large amount of blood (more than a cupful) or the vomiting becomes persistent, please contact the hospital for advice. Likewise, if you develop any pain in your neck, shoulder, stomach or centre of your chest, or if you become unusually short of breath or feverish, please telephone the unit using the numbers given below.
3. Because you have been given sedation it is important that you rest quietly for the remainder of the day with someone to look after you for 24 hours, as you will still be affected by the drugs
4. It is advisable to have the following day off work, but in any event for the first 24 hours following sedation / general anaesthetic (GA) DO NOT:
  - Drive a car
  - Drink alcohol
  - Operate machinery
  - Take sleeping tablets
  - Sign any legally binding documents
  - Work at heights (including climbing ladders or onto chairs)
5. Because the sedation affects your memory 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.

You will be given a drink before you leave, this is to make sure that you can swallow properly. It is advisable to stick to a fairly fluid diet for the next 24 hours and ensure that anything you eat or drink is not too hot. After this time you can gradually introduce more solid foods over the next few days, as tolerated.

## Information for Patients

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### **Please note:**

As with any test, the results given to you today cannot be guaranteed to be totally accurate, although the endoscopist performing the test has taken great care in reporting what he or she has seen. A copy of the report will be sent to your GP in the next few days however, if you have had biopsies taken, the results could take up to 4 – 6 weeks.

If you have had biopsies (samples) taken, the results will be sent to your GP/Referring consultant and a letter will be sent to you directly. If you have not received your biopsy results within 8 weeks, please call the department that you had your test carried out who can look into this for you.

### **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 8.30 am to 5.30 pm - Excluding Bank holidays      0121 424 5394**

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

#### **Heartlands Endoscopy Unit**

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

#### **Good Hope Hospital - Scoping Suite Treatment Centre**

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

#### **Queen Elizabeth Hospital Endoscopy Unit**

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

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

**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 – phone 0121 424 2000 and ask to be put through to the Endoscopy Nurse on call**
- **Your own GP**
- **NHS Direct – Telephone 0845 4647**

**If you experience severe pain, vomit blood, develop a high temperature, shortness of breath following your procedure, you should go direct to A&E taking this letter with you.**

### **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](mailto:interpreting.service@uhb.nhs.uk).