

# After your Oesophageal Dilatation

You have had a Gastroscopy and Dilatation of your oesophagus, and are unlikely to suffer any serious side effects.

You may have a sore throat, and you may experience a slight blood loss on coughing or blowing your nose.

In the unlikely event that you should experience any chest pain, shortness of breath, increased abdominal discomfort or significant bleeding, you should contact the Endoscopy Unit or your GP immediately.

Following your procedure, you would have been offered a drink after 1 hour. Please follow these instructions:

- You must only drink fluids for 3 hours.
- You may start a soft diet after 3 hours.

## Discharge Home

You will be able to go home once a nurse has ensured you are ready to do so. The nurse will discuss any discharge advice and any future appointments with you.

Please remember that you have had sedation, so for 24 hours:

- Do not drive or use public transport, someone should be available to stay with you for 24 hours.
- Do not drink alcohol.
- Do not operate machinery.
- Do not sign any legal documents or make any important decisions.
- Do not take sleeping tablets on the same night as the procedure.
- Do not smoke for four hours, as your reactions will be much slower.
- take care near the oven and kettle.

You are advised to rest for the remainder of the day.

You should be able to return to work after 24 hours.

## Contact Details

If you need any further advice between the hours of 8am-6.30pm, (Monday-Friday), please contact the Endoscopy Unit where you have had your procedure done on the telephone numbers below:

**Doncaster Royal Infirmary, Tel: 01302 644170/644171**

**Bassetlaw Hospital, Tel: 01909 572017**

Alternatively, contact your General Practitioner. If you need urgent advice out of hours, please contact Accident & Emergency on the telephone numbers below:

**Doncaster Royal Infirmary, Tel: 01302 642339**

**Bassetlaw Hospital, Tel: 01909 572050**

## Patient Advice & Liaison Service (PALS)

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

### The contact details are:

**Telephone:** 01302 642764 or 0800 028 8059

**Email:** [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)