

After your oesophageal dilatation

1. You will be monitored in a recovery room until most of the effects of sedation have worn off.
2. Because of the sedation you **will not** be able to drive, operate machinery, sign legal documents or drink alcohol for the rest of the day. You must have a friend or relative to accompany you home by car or taxi and they must stay with you overnight.
3. A copy of your procedure report will be given to you to take to your referring doctor.
4. You might feel bloating or some mild cramping after your procedure. This cramping may disappear when you pass wind. It is important for you to recognise early signs of possible complications. If you have severe abdominal pain, fevers and chills, or bleeding from the bowel you should contact the hospital on 03 9288 2211 and ask to be transferred to the Emergency Department.
- 5.

To confirm or cancel your appointment or if you require further assistance

Contact

St Vincent's Waiting List Officer (general enquiries)
Tel: (03) 9288 2272 (Monday to Friday,
8:30am–4:30pm)

St Vincent's Hospital (general enquiries)
Tel: (03) 9288 2211

If your clinical condition has changed since your initial assessment, please contact the Liaison nurse on 9288 2322

Address

Day Procedures and Endoscopy
St Vincent's
1st Floor, Inpatient Services Building
Princes Street
Fitzroy VIC 3065



**Oesophageal
Dilatation**

Essential Information and
Instructions for Patients

MUST READ

The procedure

Your doctor has referred you for oesophageal dilatation. Oesophageal dilatation is a procedure used to widen the part of your oesophagus (the pipe that connects the mouth to the stomach) that has become too narrow and made it difficult to swallow food.

The procedure involves the use of a flexible camera which is inserted into the oesophagus (see image below) and a guide wire with a specially tapered dilator is passed to the narrowed area. Before your procedure you will be given a sedative or light anaesthetic by injection into a vein to make you comfortable.

The procedure will take between 10 and 20 minutes. The minimum recovery time is 1 hour.

It is important that you follow the instructions in this brochure carefully to ensure that your procedure is effective.

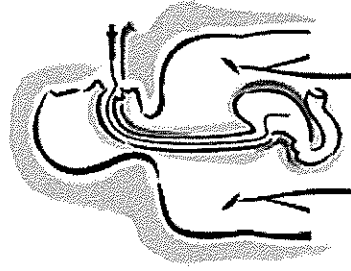


Image courtesy of
www.gesa.org.au

Safety and risks

Oesophageal dilatation is usually a simple and safe procedure. However, there are some rare complications which you should be aware of. These may include:

- Bleeding
- Reaction to sedatives
- Complications from heart or lung disease
- Perforation (a tear in the gastrointestinal tract lining)

It is possible if these serious complications occur that you may require surgery or blood transfusion.

One week before your oesophageal dilatation

1. Call Waiting List Officer on 03 9288 2272 to confirm your appointment.
2. Arrange for a friend or relative to accompany you home by car or taxi after your procedure and they must stay with you overnight.
3. Please cease the following medications, if you are taking them: iron tablets and drugs to stop diarrhoea.
4. If you have diabetes and take any tablets or insulin, you must discuss this with your GP.

The day before your oesophageal dilatation

1. Take your regular medications at the usual time with a sip of water, **except for** medications that are being withheld for the procedure (as directed by your doctor).
2. You may eat and drink normally up until **MIDNIGHT**. No solid food or milk should be consumed after this time.

On the day of your gastroscopy

1. Do NOT eat after midnight, however you may drink **water or apple juice** (CLEAR not cloudy) up until **6am** to assist with your hydration.
2. You may take your usual medications with the above fluids at 6am, except for medications that are being withheld for the procedure.
3. Wear comfortable clothing and flat shoes. DO NOT wear jewellery or bring valuables.
4. Please report to the reception desk – Day Procedures, 1st Floor, Inpatient Services Building.
5. Prepare to be at St. Vincent's for a minimum of 5 to 6 hours (bring something to read).