

# Oesophageal dilatation aftercare advice

Today you have had an oesophageal dilatation– a stretch of your gullet. You are unlikely to have any serious side effects but please be aware of the following information and advice.

## What to expect after your procedure

- You may feel drowsy for several hours.
- Your throat may feel slightly sore for a few hours.
- You may feel a little bloated if some air used in the procedure has been left inside. These things will pass and there is no need for any medication.
- You must **not** operate machinery, drink alcohol or sign any legal documentation until the next day. You must not drive for 24 hours.
- You may eat and drink normally two hours following the procedure.

**Serious side effects from this procedure are very uncommon.** However, if you have any problems with:

- A persistent sore throat
- Worsening chest pain or
- Abdominal pain

**Please contact your GP immediately**, informing them that you had an oesophageal dilatation.

**If you experience any COVID-19 symptoms after your procedure, advice to manage your symptoms is available at [www.nhs.uk/conditions/coronavirus-covid-19/](http://www.nhs.uk/conditions/coronavirus-covid-19/).**

## Contact information

Up to 7 days after your procedure, contact the Endoscopy Unit (Mon-Fri 9am – 5pm) on 0118 322 7458 / 7459. Out of hours and weekends, ring Sidmouth Ward on 0118 322 7467 / 7468.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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Next review due: August 2024