

# Oesophageal dilatation aftercare advice

## Introduction

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:

- You may feel drowsy for several hours.
- Your throat may feel slightly sore for a few hours.
- You may also 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 documents 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 or
- Abdominal pain

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

## Contact information – up to 48 hours after your procedure

- Contact the Endoscopy Unit during office hours (9:00am-5:00pm) on telephone number 0118 322 7458 / 7459.
- Out of office hours and at weekends, please ring the Sidmouth Ward on 0118 322 7469.

## Further information

More information is available on the Trust website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Endoscopy Unit

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