

# Going home after your Endoscopic Sclerotherapy

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Today you have had an endoscopy. During the endoscopy the doctor injected or banded the varicose veins in your esophagus. The esophagus is the tube connecting the mouth to the stomach. The injection or banding will cause the walls of the blood vessels to harden which reduces the chance of further bleeding.

After the endoscopy there are a few things you need to watch out for:

## Frozen or numb throat

Your throat was frozen with a local anesthetic to reduce your gag reflex. The freezing makes it hard to swallow and to tell hot from cold.

- Do not eat or drink until \_\_\_\_\_. Before you start to  
time  
drink or eat try a few sips of water at room temperature.

You may have a hoarse voice or sore throat. This is normal. Once you are able to swallow, lozenges or warm salt water gargles may be helpful.

## Sedation Yes No

If you were given sedation do not:

- drive
- drive or ride on a motorcycle
- operate machinery
- drink any alcohol
- make major or legal decisions

for 24 hours after the endoscopy.

## Stomach or chest discomfort

This discomfort is most likely due to the air that was put into your stomach during the endoscopy and will not last long.

**please turn over →**

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## What to watch for

Call the doctor who did your Endoscopic Sclerotherapy,  
Dr. \_\_\_\_\_ at 905-\_\_\_\_\_ or call  
905-521-5030 to contact the doctor on-call or go to the nearest  
emergency room if you have:

- any face, neck, throat or chest swelling
- chest or stomach discomfort that does not go away or gets worse
- hard time breathing or swallowing
- vomiting blood
- black stools that look like tar
- rapid heart rate, weakness or dizziness
- fever and chills

## Follow-up

- no appointment needed
- yes, the specialist will call you
- yes, call your family doctor for your appointment
- yes, call the specialist for your appointment
- yes, your appointment is with:

Doctor \_\_\_\_\_

Where \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

## Questions

If you have any questions endoscopic sclerotherapy, call the doctor  
who did the endoscopic sclerotherapy.

## Special instructions

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