



Going home after your esophageal dilatation

Today you have had an endoscopy and the doctor stretched the narrow part of your esophagus. The esophagus is the tube that connects your mouth and stomach. Here are a few things to watch out for.

Frozen or numb throat

The gargle and spray that was used to freeze your throat may make it hard for you to swallow and tell hot from cold.

Do not eat or drink until _____ (time). Before you start to eat or drink try a few sips of water at room temperature. If you are able to swallow the water without any problem you may eat and drink normally. If it is hard to swallow, wait 15 to 30 minutes and try again.

You may have a hoarse voice or sore throat. This is normal.

Medicine to make you relax and feel sleepy (sedation)

Yes No

The sedation medicine may make you feel sleepy. For the rest of the day you may need to stay home from school or work and avoid sports activities.

For 24 hours after having sedation medicine do not:

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

Discomfort in your stomach or chest

You may feel pressure in your stomach like when you have to burp. This discomfort is due to the air that was put into your stomach during the endoscopy. This feeling will not last long. Burping is safe and may help you feel better.

When to call the doctor

Call the doctor who did your endoscopy or go to the nearest hospital emergency department if you have any of these problems:

- any swelling of your face, neck, throat or chest
- chest or stomach discomfort that does not go away or gets worse
- trouble breathing or swallowing
- chills or a fever - your temperature is higher than 38.5°C or 101.3°F
- throwing up (vomiting) blood
- bowel movements that are black and look like tar

Biopsy **Yes** **No**

If you had tissue samples taken it may take up to 2 weeks to get the results.

Follow-up

No appointment needed

Yes, your appointment is with:

Doctor _____

Where _____

Date _____

Time _____

Yes, please call the Clinic at 905-521-2100, ext. 73347 to make an appointment with Doctor _____ in _____ (weeks).

Questions

If you have questions or concerns call the doctor that did your endoscopy or your family doctor.

Special instructions
