



Patient Information Leaflet

Oesophageal Dilatation PM

Produced by:
Endoscopy Department

Date: August 2017
Review due: August 2020

If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

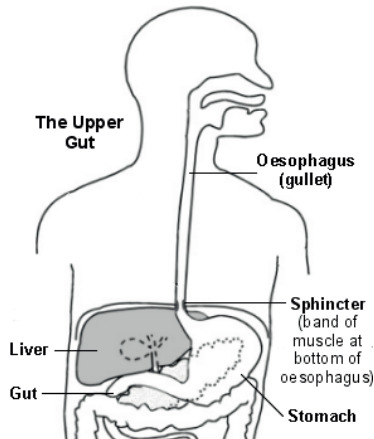
আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

What is an Oesophageal Dilatation?

This is a procedure which is performed if you have a problem with swallowing food and/or liquids.

The oesophagus is the tube leading from the back of your throat to your stomach. Food and/or liquids may be prevented from passing along this by a narrowed area anywhere along its length. The narrowing may be due to a number of reasons, which will be discussed with you when the reason for your difficulty in swallowing has been diagnosed.

The oesophagus is approximately 10 inches or 25 cm long.



Before the procedure

You should have clear liquids only the day before the procedure then nothing to eat or drink from **6AM the day of the procedure**. This is because you have a narrowing in your oesophagus and any food or liquid you do take after this time may stay in your oesophagus above the narrowing, limiting the endoscopist's view. It may also cause you to regurgitate that foodstuff in your oesophagus which you may then inhale into your lungs.

List of suggested clear fluids

Hot and cold drinks:

Water

Squash

Coke, lemonade, tonic/soda water

Black tea/coffee

Clear soup/strained soup

Marmite/Bovril/Oxo – mixed into weak drinks with hot water

Consent

Before a doctor or health professional examines or treats you, they need your consent. A written record of your decision is helpful. You will be asked to sign a consent form. If you later change your mind, you are entitled to withdraw your consent, even after signing.

On arrival at the Endoscopy Unit, the procedure will be discussed with you. You will be asked to read and sign the consent form. Please feel free to ask any questions as we want you to understand the procedure, its risks and benefits.

The nurse will want to know if you have any allergies or have had a bad reaction to drugs or other tests. Please bring a list of your usual medications with you. If you have any worries or questions please do not be afraid to ask. The staff want you to be as relaxed as possible for the test and will be pleased to answer your questions.

If the procedure is to be performed under x-ray control then any jewellery or underwear such as a bra containing metal, should be removed you may be asked to remove your clothes above the waist. Any jewellery/valuables would be better left at home. You may be given a gown to put on. You will then be taken into the examination room.

What you should expect

You will be asked to remove any false teeth. A local anaesthetic may be sprayed onto the back of your throat to numb the area and make it easier for you to swallow. A small needle will be placed into a vein so that sedation can be given to you. Nurses will be with you throughout the procedure. You will be asked to lie on your left side. A small probe will be placed on your finger to monitor your pulse and oxygen levels throughout the procedure. Oxygen may be given to you via a small plastic tube directly into your nose. The Endoscopist will give you a sedative injection to help you relax. A plastic mouthpiece will be put between your teeth to protect your teeth and the instrument.

The instrument used is a long flexible narrow tube with a light at the end which is passed over the back of your throat to visualise the narrowing. A guide wire and deflated balloon is then passed through this instrument, through the narrowing and into your stomach. The balloon is inflated at the narrowing to stretch it. This is left in place for one minute to ensure that the narrowing has been stretched.

During the procedure, small biopsies may be taken to be sent to the Pathology Laboratory to assist in diagnosing the cause of the narrowing and help the Doctors to decide on the treatment you will need. When your oesophagus has been stretched sufficiently, all the instruments used will be withdrawn.

Suction to your mouth will be used to keep your mouth and airways clear throughout the procedure. The procedure takes approximately 20 minutes and you may find it uncomfortable but we will do our best to ensure any discomfort is kept to a minimum.

After the test

You will be allowed to rest for about one hour. Your throat will feel quite sore for at least the rest of the day. You will probably see some blood in your saliva as the dilation has stretched the oesophagus. This bleeding usually stops quickly.

After the procedure you will be informed of the results. You may be given a copy of the report. The results are also sent to your GP.

You will be asked to have nothing to eat or drink for two hours after the procedure. Then you may take water, if this is well tolerated other fluids may be taken, progressing to a light diet the following day unless instructed otherwise by the nursing staff of the Endoscopy Unit.

Going home

If you go home on the same day as the procedure it is essential that someone comes to pick you up after the test.

You should not go home alone or on public transport. It is a criminal offence to drive under the influence of drugs. At home you will need a responsible adult with you for 24 hours.

The sedation given to you may last longer than you think, so for 24 hours after the procedure you should **NOT**:

- **DRIVE A CAR**
- **DRINK ALCOHOL**
- **OPERATE MACHINERY**
- **SIGN ANY LEGAL DOCUMENTATION**

Risks

This procedure can result in complications such as:

- Reaction to the medications.
- Perforation or tear of the oesophagus.
- Bleeding.
- Inhalation of foodstuff still in your oesophagus.
- Discomfort

These complications are rare and may require treatment.

Be sure to inform your GP or phone NHS 111 immediately if you have any unusual pain or bleeding following the examination or if your difficulty in swallowing does not improve.

If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.