

Gastroscopy and Insertion of Oesophageal Stent - Advice following the procedure

Gastroenterology

Surname	Unit No
Forename	NHS No
Address	DOB
Postcode	(or affix patient label)

You have had an Oesophageal Stent inserted on:(date)

Your Endoscopist was:

Your Nurse was:

Aftercare

When can I have a drink?

You may have been given local anaesthetic throat spray to numb the back of your throat. You have to wait until before you can drink when the numbness will have worn off. It is advisable to start with sips of water and then drinks not too hot or too cold.

What sort of food will I be able to eat?

You should only drink fluids for the first 24 to 48 hours. You may then slowly start eating soft or liquidised food. Soft food passes through the stent easily and will reduce the risk of the stent blocking. A nurse will come and talk to you and advise you what to eat and drink. If the nurse feels you have any specific needs, you may be referred to a dietician.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

When can I take my usual medicines / tablets?

You may take your usual medicines later today and as normal tomorrow

Special instructions

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What instructions must I follow for the next 24 hours?

You may have been given sedation and this impairs your reflexes and judgement. Therefore it is very important that you follow these instructions:

- You must go straight home and have a responsible adult with you overnight
- You must rest for the remainder of the day and have a quiet day tomorrow
- You must not drive for 24 hours (car insurance will be invalid)
- You must not operate electrical items/ operate machinery
- You must not drink alcohol
- You must not sign any legally binding documents.

If you did not have sedation, then you can resume your normal activities as soon as you have been discharged.

When I return home how will I feel?

It is usual to feel a little bloated for a few hours as air has been put into your stomach, this will pass naturally.

You may have a sore throat which should ease in 24-48 hours. Your swallowing may feel a little difficult for a few days and it is advisable to eat soft foods during this time. You may feel drowsy from the sedation for the remainder of the day. It is important to follow the instructions above.

General Advice

- Sit up straight when eating and drinking
- Avoid dry lumpy foods that may become blocked in the stent such as meat, bread or large pieces of fruit
- Try to keep your diet moist with gravy and sauces as these foods will pass easily
- You can eat most foods as long as you cut the food up into small pieces and chew it well
- Ensure your dentures fit properly. If they do not, please see your dentist
- Take your time whilst eating particularly if you are in company
- You may not be able to eat as fast as everyone else.

What if the Stent blocks?

To help keep the tube clean and free from blockage, we advise you to have regular sips of fluid between mouthfuls. This helps any food particles to clear. If you feel the stent is blocked, try to remain calm. A few sips of a fizzy drink may ease the blockage. For further advice, please see the contact numbers at the end of the leaflet.

Is the Stent permanent?

It is the intention that the stent remains in a permanent position. It may become dislodged. If this happens, you may experience further difficulty in swallowing. Please try not to worry or panic. It is important to let us know if you do experience difficulty in swallowing. Please contact your doctor or specialist nurse if this occurs. A further stent may be required.

Important Information

What if I feel unwell at home?

If you have severe abdominal pain, vomit or pass any blood, have a temperature or have chest pain you must telephone for help and advice.

Who do I telephone for advice?

If you had your procedure carried out at New Cross Hospital contact the Endoscopy Unit as follows:

Monday-Friday, 8am-6pm, telephone 01902 694191 or 01902 695191.

If you had your procedure carried out at Cannock Chase Hospital contact the Endoscopy Unit as follows:

Monday-Friday, 8:00am-6:00pm, telephone 01543 576736

Alternatively, call your upper gastro-intestinal Clinical Nurse Specialist as follows:

Monday to Friday, 8:30am - 4:30pm, telephone 01902 694466

At all other times you should attend the Emergency department at New Cross Hospital (or your local hospital if this is nearer).

You should explain that you have recently had an endoscopy and that you are experiencing symptoms as described above. If possible, bring your copy of your endoscopy report with you, but do not delay if you cannot find this.

Please advise the doctor in the Emergency department to inform the ward Gastroenterologist (9am to 5pm) or the on-call Gastroenterologist out of hours.

It may be necessary for you to stay in hospital overnight.

Useful External Agencies

Guts UK - The Charity for the Digestive System

3 St Andrews Place,

Regents Park,

London, NW1 4LB.

Telephone: 020 7486 0341

Fax: 020 7224 2012

email: info@gutscharity.org.uk

<https://gutscharity.org.uk/>

PALS

(Patient Advisory & Liaison Services)

Patient Information Centre

New Cross Hospital

Wolverhampton, WV10 0QP.

Telephone: 01902 695362

E-mail: rwh-tr.pals@nhs.net

Website: www.pals.nhs.uk

Open: Monday to Friday - 9am until 5pm

Cancer Care Wolverhampton

Cancer Care Wolverhampton is the hospital's own website providing information on care and treatment at this hospital.

www.cancercarewolverhampton.nhs.uk

Macmillan Cancer Support

Cancer information and support.

Tel: 0808 808 0000

macmillan.org.uk

Tel: 0808 808 0000

macmillan.org.uk

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。