

## Patient information factsheet

# Gastroscopy – dilatation of oesophageal stricture (G3)

**You have had a procedure called a gastroscopy and dilatation of oesophageal stricture today** .....

A gastroscopy is a procedure where a thin, flexible tube called an endoscope is used to look inside the stomach. Oesophageal stricture is also known as stretching of the gullet. It is usually performed when tests have shown that your gullet has become narrowed, stopping food from being easily passing through it and into the stomach, causing difficulty swallowing. The procedure aims to gently stretch the narrowed area to help food pass through into your stomach.

**You have had a sedative injection** so your physical and mental capabilities may be affected and you may feel drowsy.

For your own safety and the safety of others, you should follow the advice below:

- **Do not** drive any type of motor vehicle or ride any type of bicycle for at least 24 hours.
- **Do not** operate any type of electrical or mechanical equipment/machinery for at least 24 hours.
- **Do not** sign any legally binding documents for at least 48 hours.
- **Do not** drink any alcohol for at least 24 hours.
- **You should not be** responsible for young children, disabled or dependent relatives for at least 24 hours.
- Continue to take your normal medication unless you're advised otherwise.
- You can eat as you normally would.
- Rest quietly for the remainder of the day and if possible have someone stay with you overnight.

|                 |                        |             |
|-----------------|------------------------|-------------|
| Patient sticker | Throat spray           | Tick        |
|                 | Sedation               | boxes as    |
|                 | Biopsies               | appropriate |
|                 | Test for helicobacter  |             |
|                 | Oesophageal dilatation |             |

Advice given by: ..... (signature of nurse)

After the procedure you may experience some windy, cramp-like pains due to the air we passed through the endoscope. This is normal and should settle within 24 to 48 hours. You may also have a sore throat which should also settle within 24 to 48 hours.

# Patient information factsheet

If the pain does not settle, or you are at all concerned about your recovery, please contact the endoscopy unit on **023 8120 4392** (9am to 5pm) or your GP.

If you cannot get through to either, or your concern is out-of-hours, please contact the emergency department on **023 8120 6220**.

**If you experience any severe pain in your chest or any shortness of breath you must attend your nearest emergency department. Take this sheet with you.**

You can get further advice by calling **111**.

## After your endoscopy appointment

When you are discharged from the endoscopy unit you should be given:

- a copy of your consent form
- an advice sheet on what you should and should not do
- follow up advice
- a verbal explanation of what we have done to you today and what we have found
- a prescription if required

## Further information

If you need to see a GP within the next two weeks, please take this factsheet with you.

If we are arranging an appointment for you to be seen in outpatients, this will be sent to you by post. Please ask the nursing staff if you have any questions about your treatment or services within the endoscopy unit.

If you have any comments, compliments, concerns or complaints please contact patient support services on **023 8120 6325** or email: **patientsupportservices@uhs.nhs.uk**

**If you need a translation of this document, an interpreter or a version in large print, Braille or on audio tape, please telephone 023 8120 4688 for help.**