

## Patient information factsheet

# Ablation of Barrett's oesophagus with the RFA device – aftercare advice

You have had a procedure called **gastroscopy with RFA ablation today** .....

A gastroscopy is a procedure where a thin, flexible tube called a gastroscope is used to look inside the stomach. During the procedure a treatment called radiofrequency ablation (RFA) was performed. RFA uses heat to destroy abnormal cells.

As you have had a sedative injection, 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** or ride any type of bicycle for at least 24 hours.
- **Do not** operate any type of electrical or mechanical equipment or 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.
- Rest quietly for the remainder of the day.
- If possible have someone stay with you overnight.
- Continue to take any medication as normal, unless told otherwise.
- **You should not** be responsible for young children, or disabled or dependent relatives for at least 24 hours.

Patient sticker	Throat Spray	
	Sedation	
	Biopsies	
	RFA	
	Diathermy used	
	Dye spray	
	CLO test	

Tick boxes as required

### What to expect following the procedure

Following the procedure you may experience windy, cramp-like pains (due to the air we passed through the endoscope). You may also have a sore throat. These issues are normal and should settle within 24 to 48 hours.

You may also experience one or more of the following symptoms after treatment, but these should improve within 10 days:

- mild chest discomfort
- difficulty or pain with swallowing, particularly eating hot or solid foods
- nausea/vomiting (feeling or being sick)

# Patient information factsheet

## Food and drink

- You should **drink liquids only** for the next 24 hours (no food).
- After this you may eat a soft diet only for seven days (avoiding meat, bread and hot drinks).

## Medication

- Continue taking strong acid suppression medication (such as omeprazole, esomeprazole, lansoprazole, pantoprazole, rabeprazole). **Do not alter the dose unless directed by your consultant.**
- You will be provided with a prescription pack containing the following:
  - An oral antacid containing a local anaesthetic to take **four times a day for seven days** to help soothe your oesophagus (avoid taking within 1 hour of taking your acid suppression medication).
  - Soluble co-codamol (a painkiller) to take as when required.
- Avoid non-steroidal anti-inflammatory medications (NSAIDs) for seven days (unless directed otherwise by your consultant).

## When to seek help

Please contact us immediately if you experience any of the following:

- unexplained or worsening pain in your chest
- excessive difficulty swallowing
- fever
- vomiting blood or passing black tarry stools
- abdominal (stomach) pain
- difficulty breathing

You can contact the endoscopy unit on **023 8120 3186** (8am to 6pm) or your GP.

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

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 has been done 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 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.**