

## Patient information factsheet

# Gastrosocopy with radiofrequency ablation (RFA) aftercare advice

You have had a procedure called a gastroscopy with radiofrequency ablation (RFA) today: \_\_\_\_\_.

This factsheet explains what to expect after your procedure. If you have any questions or concerns, please contact us using the details at the end of this factsheet.

### Before you leave the endoscopy unit

Before you leave the endoscopy unit, we will give you:

- a copy of your consent form
- an advice sheet on what you should and should not do after your procedure
- follow-up advice
- a prescription (if needed)

We will also explain what we have done today and what we have found.

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

Table completed and advice given by: \_\_\_\_\_ (healthcare professional's signature)

### Sedation

As you have had a sedative injection as part of your procedure, your physical and mental capabilities may be temporarily affected. For your own safety and the safety of others, you should follow the advice below:

- Do **not drink** anything until \_\_\_\_\_.  
**See the section on eating and drinking on the next page.**

Before you drink anything, it is important that you first check your ability to swallow is back to normal. You can do this by sipping some cold water.

- If you can feel yourself swallowing, you can drink normally.

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- If swallowing does not feel normal yet, wait a further 15 to 30 minutes and try again. Repeat until swallowing feels normal.
- When swallowing feels normal again, you may resume taking your usual medications (unless you have been told otherwise). **See the section on medications below.**
- Do **not** drive any type of motor vehicle or ride any type of bicycle for at least 24 hours after your procedure.
- Do **not** operate any type of electrical or mechanical equipment/machinery for at least 24 hours after your procedure.
- Do **not** sign any legally binding documents for at least 24 hours after your procedure.
- Do **not** drink any alcohol for at least 24 hours after your procedure.
- Rest quietly for the remainder of the day.
- You **must** have a responsible adult stay with you overnight.
- You should **not** be responsible for young children, disabled or dependent relatives for at least 24 hours after your procedure.

## Eating and drinking

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

## Medications

- Continue taking strong acid suppression medication (such as omeprazole, esomeprazole, lansoprazole, pantoprazole and rabeprazole). **Do not alter the dose unless directed by your consultant.**
- We will provide you 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 one hour of taking your acid suppression medication)
  - soluble co-codamol (a painkiller) to take as and when needed
- Avoid non-steroidal anti-inflammatory medications (NSAIDs) for seven days (unless directed otherwise by your consultant).

## Side effects

After the procedure, it is normal to experience the following side effects:

- windy, cramp-like pain
- a sore throat

These side effects should settle within 24 to 48 hours.

You may also experience the following side effects:

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

These side effects should improve within 10 days.

If the pain does not settle or you are at all concerned about your recovery, please contact your general practitioner (GP) or our endoscopy unit using the details at the end of this factsheet.

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## When to seek urgent medical help

Call NHS **111** immediately or seek emergency care if you experience:

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

**Please remember to take this factsheet with you.**

## Follow-up care

If you need any follow-up appointments at the hospital, we will send you a letter by post.

If you need to see a GP in the two weeks after your procedure, it is important that you take this factsheet with you.

## Contact us

If you have any questions or concerns while in the endoscopy unit, please speak to a member of the healthcare team caring for you.

If you have any non-urgent questions or concerns after leaving hospital, please contact your GP or our endoscopy unit for advice.

Endoscopy unit

Telephone: **023 8120 6066** (every day, 8am to 6pm)

Outside of these hours, call NHS **111** for advice.

If you are a patient at one of our hospitals and need this document translated, or in another format such as easy read, large print, Braille or audio, please telephone **0800 484 0135** or email **patientsupporthub@uhs.nhs.uk**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **www.uhs.nhs.uk/additionalsupport**

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