

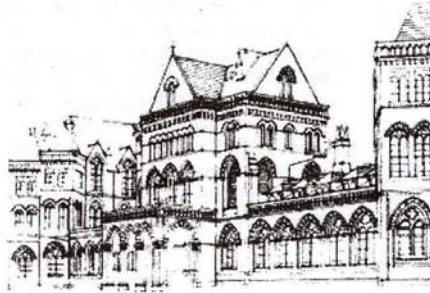


THE **LEEDS** TEACHING HOSPITALS

THE CENTRE FOR DIGESTIVE DISEASES

# Having an Oesophageal Dilation

*A Guide to the Test*



## **HAVING AN OESOPHAGEAL DILATATION**

### **(a guide to the test)**

#### ***What is an Oesophageal Dilatation?***

An oesophageal dilatation allows a doctor to stretch a narrowed area (stricture) of your oesophagus under X-ray screening. It is carried out under sedation and most patients do not remember having it done afterwards. This procedure is done through a long flexible tube (thinner than your little finger) called an endoscope. A fine guide wire is passed through the endoscope. The doctor withdraws the endoscope and then passes a dilator (another type of tube) over the guide wire through the stricture in order to stretch the narrowing of your oesophagus.

#### ***Preparation***

To allow a clear view the stomach must be completely empty, so it is important that you do not eat or drink for at least 6 hours before the test.

#### ***Medication***

Please continue to take any essential drugs such as steroids or heart tablets as usual on the day of the procedure. If you are on treatment for diabetes or take anticoagulants (Warfarin) you will be given the necessary instructions at the time of booking.

#### ***Consent***

On arrival to the department the nurse will explain the test and take any relevant details. Please inform the nurse or doctor if you have any allergies or have had bad reactions to any previous tests. Do not be afraid to ask any questions or state any worries. You will be asked to remove your clothing and put on a hospital gown, you will also be asked to remove any jewellery as this interferes with our X-ray screening. A doctor will also explain the test to you and a consent form must be signed agreeing for the test to be carried out.

#### ***Sedation and Procedure***

In the examination room you will be made comfortable on an X-ray table, resting on your left side. X-ray equipment will be beside the couch. A nurse will stay with you throughout. The staff will be wearing protective aprons because of their repeated exposure to X-rays.

The amount of X-rays you receive will be strictly controlled for your safety. The nurse will ask you to remove any dentures.

You will be given oxygen through your nose throughout this procedure and a small probe will be applied to your finger so as to monitor your pulse. To keep your mouth slightly open a plastic mouthpiece will be placed gently between your teeth or gums. You will be given an injection to make you feel sleepy and relaxed. The doctor will pass the endoscope (tube) through the mouthpiece into your stomach. Should you have a lot of saliva in your mouth the nurse will clear it using a small suction tube. The procedure can take up to half an hour.

***After the Test if you are an in-Patient***

You will be taken back to the ward. The nurse will check your pulse and blood pressure regularly. You will be able to eat or drink usually 4 hours after the test. You may feel some soreness at the back of your throat and also some bloating if air has remained in your stomach this usually subsides within 48 hours. These procedures are generally very safe; problems sometimes do occur and these will be explained by your doctor. Do not hesitate to inform the staff if you feel any discomfort

***Going home if you are an out-patient***

Someone must accompany you home after your procedure and stay with you for 24 hours. The sedation lasts longer than you think. For the next 24 hours you should not drive a car, operate machinery, drink alcohol, or sign any legal documents. You should rest quietly for the remainder of the day.

***Results***

A further report will be sent to your consultant and discussed at your next out-patient appointment.

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