

## OESOPHAGEAL DILATATION (DISCHARGE INSTRUCTIONS)

1. **You have undergone an "endoscopic procedure".** You have had a gastroscopy (stomach) and/or a colonoscopy (bowel), procedure performed by Dr Kevin Le.
2. **It is essential that someone drives you home and stays with you for 24 hours** as you have received intravenous sedation, the effects of which will last several hours. These medicines can cause:
  - Confusion/poor concentration
  - Slower reaction time
  - Drowsiness/tiredness
  - Dizziness/feeling faint
  - Blurred or double vision
  - Muscle weakness
  - Anxiety and mood changes
  - Shakiness and unsteadiness.

These symptoms can make it unsafe for you to drive, cycle or use machinery and can put you and other road users at risk of an accident. **You should go straight home and rest for the remainder of the day.** DO NOT go anywhere else.

### For the next 24 hours DO NOT:

- Drive a motor vehicle, motorcycle, or operate machinery,
  - Drink alcohol
  - Sign legal documents
  - Conduct business agreements
  - Exercise.
3. **Potential Complications:**  
Anaesthetic, allergy, aspiration, recurring stricture (narrowing), and perforation. Complications are uncommon but may require further treatment if they occur.
  4. **Treatment of side effects:**  
Most people will feel sore in the lower chest after treatment. Soluble Panadol/ Panadeine up to 8 tablets per day for a few days. If you are currently taking medications continue to do so.
  5. **Suggested Diet:**  
Day 1 – 2  
Fluids and semi fluids
    - Water, cordial (not soft drinks and avoid juices)
    - Tea, coffee (not too hot)
    - Soups

- Ice cream, custard, jelly
- Yogurt (plain, vanilla or honey – not with seeds or pieces of fruit)
- Potato, pumpkin finely mashed.

The period of need for the fluid diet varies. You may find ordinary food tolerated quickly.

Day 3 – 10

- Porridge, breakfast cereals such as Weetbix, Cornflakes, rice bubbles well softened with milk
- Fruit – fresh soft well ripened, stewed or tinned (soft or pureed non acidic fruits)
- Vegetables - well cooked, soft, mashed
- Pasta, noodles well cooked and soft
- Meat and chicken can be served with gravy, in thick soup or served with mashed vegetables
- Fish – fresh (be sure to remove all bones), canned tuna, salmon (mashed no bones)
- Eggs – soft boiled, scrambled or poached (not too dry).

**POST PROCEDURE SYMPTOMS REQUIRING IMMEDIATE ASSESSMENT:**

**If you have any problems** after the procedure contact us, your local doctor or hospital. You **must** contact a doctor or hospital if you experience severe pain in the abdomen, prolonged vomiting, passage of blood in the vomit or bowel motions, or an unexplained high temperature within a week following the procedure. Please advise us of any signs or symptoms or infection such as fever, swelling, redness, pain or discharge or if you visit your local doctor and are prescribed antibiotics for an associated infection within 30 days of your procedure with us.

**CONTACT: Dr Kevin Le – Phone 4455 5422 or Your Local Doctor or Hospital**

For any urgent medical issues after hours, or if you are experiencing serious pain or discomfort following any procedure, you need to go to the Emergency Department of your closest Hospital.

**EMERGENCY** CALL 000 for an ambulance OR Milton Ulladulla Hospital, 106 Princes Highway Milton, Phone 02 4454 9100.

**FEEDBACK:** At Ulladulla Endoscopy and Medical Centre, we always appreciate patient feedback. If you would like to make any comment, complaint, or recommendation about any aspect of care you have received from our centre, please talk to our doctors or receptionists. Alternatively, you can email us on [admin@southmedical.com.au](mailto:admin@southmedical.com.au) or write to us: Ulladulla Endoscopy & Medical Centre, PO Box 110, Ulladulla, NSW, 2539

