

Endoscopy & Oesophageal stent insertion

Discharge Information for patients

Upper gastrointestinal endoscopy and oesophageal stent insertion with sedation discharge information

Possible side effects you may experience:

Abdominal discomfort: You may feel a little bloated and have some wind-like pains because of the gas passed into your bowel during the procedure. This should settle within a few hours.

Sore throat: You may have a sore throat. This is quite normal and will pass within 24-48hrs. If you had a biopsy taken, you may bring up a small amount of blood-stained fluid.

Chest discomfort: You may feel mild to moderate pain in the chest, particularly in the first 24hrs as the stent opens. These symptoms are usually relieved with painkillers such as paracetamol. However you may need stronger pain relief which you GP can prescribe.

Complications

Contact NHS 24 or A&E if you experience any of the following symptoms.

- Severe pain in the neck, chest or abdomen
- Bringing up more than a small amount of blood
- Breathing difficulties
- High temperature, sweats or chills
- Passing blood (red or black) in your bowel movements
- Vomiting

Contact telephone numbers can be found overleaf.

Medication

Please continue to take any regular medication unless otherwise advised. You should be taking an acid suppressing drug such as omeprazole or lansoprazole.

Diet

Day of procedure: Take only warm fluids for the first 24hrs after stent placement

The dietician will see you before discharge with advice about your diet.

IF YOUR STENT BLOCKS

- Try not to panic
- Stop eating, take sips of fizzy or warm drinks and walk around

- If it has not cleared after 1 to 2 hours, contact your clinical nurse specialist within working hours or NHS 24 out of hours

Discomfort at the injection site

If you had a cannula inserted, you may experience slight discomfort at the injection site. If this becomes increasingly red, tender or swollen, please seek advice from your GP.

Sedation

Sedation makes you drowsy and can impair your reflexes and judgement. For 24 hours after you have had sedation:

Do not go to work	Do not drink alcohol
Do not sign any important documents	Do not drive or ride a bike
Avoid looking after young children	Take care in the bath or shower
Do not use any kind of machinery, including household appliances	Do not take sleeping tablets

We advise you to rest quietly with adult supervision for the rest of the day.

Follow up

- ☐ No further follow up required
 ☐ Follow up with your GP
 ☐ Follow up in clinic
- ☐ A follow up procedure is required

Any other relevant information

Contact telephone numbers

Clinical Nurse Specialist	0131 242 3649
Mon-Fri 8am-5pm	Leave a message on answer machine
Royal Infirmary of Edinburgh	0131 242 1600
St John's Hospital (voicemail)	01506 523 982
NHS 24	111 Freephone
Accident and Emergency (Royal Infirmary of Edinburgh switchboard)	0131 536 1000