

## Post Procedure Advice following Oesophageal Banding

Your procedure will normally have been carried out with a conscious sedative injection or a general anaesthetic, therefore it is important for the next 24 hours **you do not:**

**Drive a car/motorbike or ride a bicycle**  
**Sign any legal documents**  
**Operate any domestic appliances or machinery**  
**Drink alcohol**  
**Look after young children alone**  
**Take sleeping tablets**

One of the effects of sedation is that you may not remember having the procedure, this is normal.

The same or another responsible adult that collects you from the Endoscopy Unit should stay with you for the next 12 hours.

### What can I eat?

Ideally you should take a soft diet (puree consistency) for example soups, yoghurts, mashed potato and pasta for 24 hours. Avoid hot drinks for 24 hours; warm/cold drinks are acceptable.

### How will I feel after the procedure?

The back of your throat may feel sore for the rest of the day, you may still feel a little bloated. If your procedure was carried out with sedation you may feel sleepy for the remainder of the day.

You may feel that when you swallow that food gets held up a little because of the bands that have been applied.

### When should I seek help/advice?

Serious side effects are rare however if any of the following occur within 48 hours after your banding, consult a doctor immediately by attending your nearest Accident & Emergency Department:

**Vomiting blood**  
**Trouble swallowing**  
**Chest pains**  
**Severe abdominal pain**  
**Difficulty breathing**  
**Fever**  
**Severe bloating**  
**Bowel motion turns black**  
**Passing blood from back passage**

Alternatively, if you have non serious concerns contact our Endoscopy units on the numbers below or your GP, outside departmental hours ring NHS 111.

### **Conquest Hospital contact numbers:**

Endoscopy Unit – Tel: 0300 131 5297 - Monday to Friday 8:00am to 6:00pm (except bank holidays).

### **Eastbourne District General Hospital contact numbers:**

Endoscopy Unit – Tel: 0300 131 4595 – Monday to Friday 8:00am to 6:00pm (except bank holidays).

## **Sources of information**

[www.nhs.uk](http://www.nhs.uk)

## **Important information**

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## **Your comments**

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## **Hand hygiene**

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering

## **Other formats**

**If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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## **Reference**

The following clinicians have been consulted and agreed this patient information:  
Consultant: Mrs A. Morris, Endoscopy Clinical Lead, Dr A. Jeevagan, Gastroenterology Clinical Lead

Next review date: July 2027  
Responsible clinician/author: T. Holmes-Ling

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## Endoscopy Discharge Report:

- You will be sent an outpatient appointment.
- You will be sent an appointment for a CT Scan / MRI or USS.
- You will be sent an appointment to have this procedure again in approximately..... weeks.
- Biopsies have been taken which will take approximately .....weeks to be analysed by the histopathology department. Results will be sent to your consultant who will contact you or arrange a follow up appointment.
- You have been referred to a Clinical Nurse Specialist
- You have been given an information leaflet.
- You have been spoken to by an endoscopist/nurse regarding the results of your procedure.
- You can begin to eat and drink as normal from.....

If you have any further questions, please ask a member of the nursing staff who will be happy to explain anything you are unclear about.

Completed by:

Print Name: ..... Designation: .....

Signature: ..... Date: .....



View hospital appointments, clinical letters and pathology results using our secure online system - [www.esht.nhs.uk/mhcr](http://www.esht.nhs.uk/mhcr)

