

Post Procedure Advice following insertion of an Oesophageal Stent

How will I feel after the procedure?

Following your examination today you are advised to go home and rest.

If your procedure was carried out with a conscious sedative injection or general anaesthetic, it is important for the next 24 hours **you do not:**

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

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

A responsible adult should stay with you for 12 hours following your procedure if you have been given sedation.

Many patients will experience discomfort shortly after the stent is placed but this should settle after a couple of days.

You may feel bloated for a few hours due to the air put into your bowel during the test. To help relieve this try sitting upright, walking around, taking warm drinks and peppermints.

How will I introduce food and drinks after the procedure?

DAY 1 - When given permission by the medical staff, start with sips of fluid and build up the quantity as you feel more comfortable and is able to tolerate.

DAY 2 – Begin by introducing food that is smooth, runny and easily swallowed e.g. soup, yogurt and custard.

DAY 3 – Introduce semi soft diet that is moist, use gravy and sauces to ensure food is moist which will make it easier to swallow.

Gradually you can build up a greater texture to the food you eat and discover which you can tolerate. **Note:** Bread and toast can cause the stent to block.

Tips when eating:

Chew food well, chew each mouthful for twice as long as usual. Wear dentures if needed. Eat slowly and try to relax!

Sit upright to eat, allowing gravity to help food pass down the tube into your stomach.

Keep sitting upright for at least ½ hour after eating.

Sip drinks during your meals. Fizzy drinks or warm drinks are recommended. This is important to help keep the stent clear.

Avoid eating up to 1 hour before going to bed.

Bend your knees when picking anything up from the floor, rather than bending from the hips, this will help to stop acid reflux.

If food blocks the stent eating and drinking may get more difficult and uncomfortable and your ability to swallow may change or suddenly you may be unable to swallow. Should this happen try not to panic, drink plenty of fizzy or warm drinks to try and clear the blockage also walking around can sometimes help. If the blockage does not resolve seek medical advice.

When to seek help/advice

Serious side effects are rare however if any of the following occur within 48 hours after your, stent insertion consult a doctor immediately:

Chest pains

Vomiting blood

Difficulty breathing

Severe abdominal pain

Severe Bloating

Fever

Passing a lot of blood from your back passage/ bowel motions turn black

Over time the stent can move if this happens you may be unable to eat and drink, seek medical advice from your doctor the stent may need to be removed and replaced.

Conquest Hospital contact numbers:

Endoscopy Unit 0300 131 5297 - Monday-Friday 08:00-18:00hrs Sat 08:00-18:00hrs (closed bank holidays)

Outside of these hours contact Wellington ward 0300 131 5076.

Eastbourne District General Hospital contact numbers:

Endoscopy Unit 0300 131 4595 Monday-Saturday 08:00-18:00hrs (closed bank holidays)

Outside of these hours contact Cuckmere ward 0300 131 4500 Ext: 770548.

Alternatively, after 18:00hrs and at weekends please contact your GP, attend your nearest Accident and Emergency Department or ring NHS 111.

Sources of information

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 4784 or by email at: 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

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

Reference

The following clinicians have been consulted and agreed this patient information:
Gastroenterologist Dr A. Jeevagan

The directorate group that have agreed this patient information leaflet:
Directorate of surgery/anaesthetics

Next review date: June 2025
Responsible clinician/author: JAG Lead Nurse 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.
- You will be sent an appointment to have this procedure again in approximately..... weeks.
- Biopsies have been taken which will take approximatelyweeks to be analysed by the histopathology department. Results will be sent to your Consultant who will contact you or arrange a follow up appointment.
- Polyps have been removed 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.
- Patient information following your Endoscopy Procedure can be found at: NHS Health A-Z - <https://www.nhs.uk/conditions/>

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- 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: