



OESOPHAGEAL DILATATION

This information is in addition to your general post-procedure information booklet

Oesophageal Dilatation is the procedure where your doctor has used a method to dilate or stretch your oesophagus (swallowing tube that leads to your stomach).

At Mugga Wara Endoscopy Unit, we use Bougie dilators or balloon dilators to do this.

The doctor would have discussed the indications and risks with you prior to your arrival to the centre.

After the procedure:

- you may experience soreness or an uncomfortable feeling in your throat and/ or chest. This should only be mild.
- Ensure you drink adequate fluids to stay hydrated
- Increase your food intake slowly, Start with soft foods such as jelly and custard and increase as tolerated. Some foods may be more difficult to swallow than others. Often red meat, chicken and bread are the most difficult.
- Your doctor and nurse can advise you on diet
- Avoid very hot and very cold food and fluid until soreness subsides. This may take a day or two.

In the unlikely event that you experience any of these symptoms:

- Chest pain
- Feel feverish
- Vomiting fresh blood and / or clots
- Passing blood, dark stools
- Weak or dizzy
- Shortness of breath
- Trouble swallowing or pain when swallowing

Contact GastrotrACT

02 6234 7900 between 8.00am and 5.00pm

After hours:

Contact your General Practitioner,
Present to your local Hospital Emergency Department
Call 000