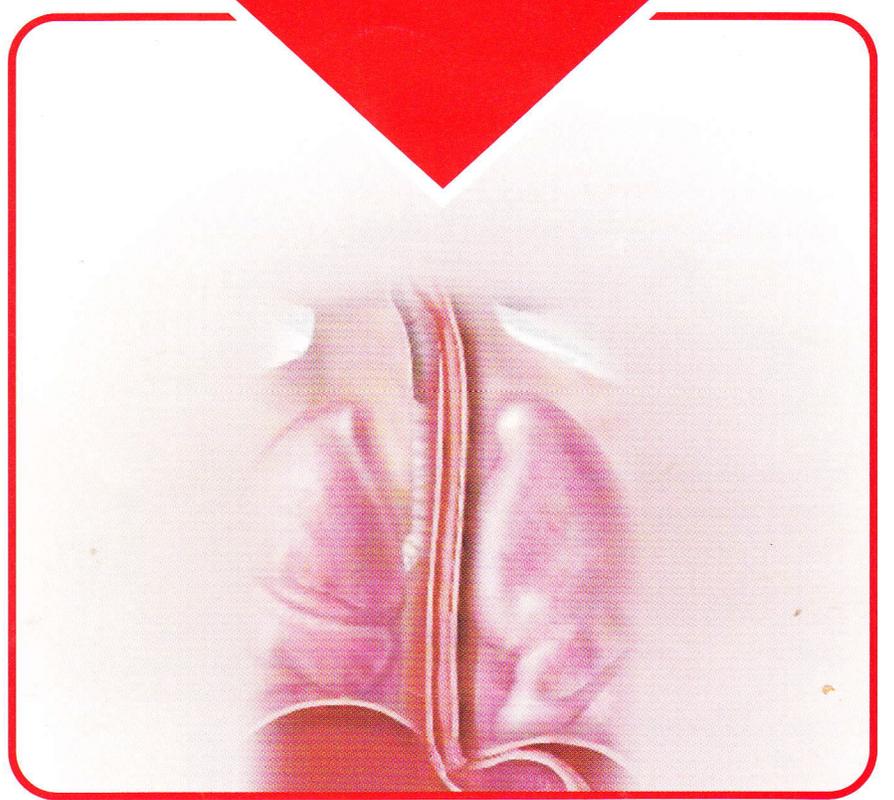


Esophageal Dilatation

A Guide for Patients/Families



This brochure provides information about esophageal dilatation. It is designed to respond to the questions most frequently asked by patients and their families.



آغا خان یونیورسٹی ہسپتال، کراچی

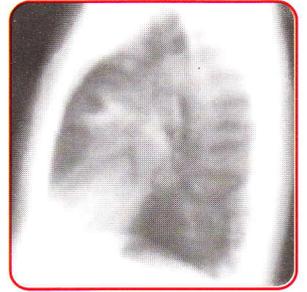
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What is an Esophageal Dilatation?

It is a procedure to dilate the narrowed food pipe (oesophagus) to improve your swallowing. The procedure is carried out in the X-ray Department in Endoscopy Suite.



What Happens in This Procedure?

- A long thin flexible tube (endoscope) with a light at its tip is passed into your food pipe via your mouth.
- The doctor guides a fine wire through this endoscope into the narrowed area and then takes the endoscope out.
- The dilator (another type of tube) is then passed down the wire. X-ray is used to locate the stricture and narrowing.
- Sometimes a special balloon is used to dilate the narrowing.



How Do I Prepare for The Procedure?

- Your doctor will decide whether you need admission or it has to be done as out patient. In both the cases, you will register at the Endoscopy Suite.
- To allow a clear view, the stomach must be empty - no food or liquid intake at least for six hours prior to the procedure.
- If prescribed by the doctor, haemoglobin (Hb), Prothrombin Time (PT), Platelet count must be done. The results of these tests should be available before the procedure.



- Arrange for someone to drive you home after the test (if you are an out patient).
- Leave all jewellery at home.
- Do not wear contact lenses, dentures and other prosthesis.
- Bring all your X-rays and reports with you.

On The Day of Procedure

Get registered at Endoscopy Suite located at Second Floor.

What Happens in The Endoscopy Suite?

- The doctor will explain the procedure and ask you to sign a consent form. If you have any concerns, please ask.
- Tell him if you have had any allergies or bad reactions to other tests.
- You will be asked to wear a hospital gown and to remove any false teeth.

What Happens During The Procedure?

- In the procedure room, you will be asked to make yourself comfortable on a stretcher, on your left side.
- A nurse will stay with you to monitor your vital signs (blood pressure, pulse and respiration) and to assist the doctor if necessary.
- X-ray equipment may also be in the room along with staff wearing special X-ray aprons.
- The nurse will spray the back of your throat with a local anaesthetic and then give you an injection to make you sleepy and relaxed.
- To keep your mouth open, a plastic mouthpiece will be put gently between your teeth.
- The nurse will spray the back of your throat with a local anaesthetic and then give you an injection to make you sleepy and relaxed.
- Passing the endoscope will not give you any pain or interfere with your breathing.
- You may feel the dilator as it passes down your throat and through the narrowed area. This is not painful.



- The procedure usually takes about 30 minutes and the endoscope is removed quickly and easily.

What Happens After the Dilatation?

- You will be allowed to rest for 4-6 hours.
- Your throat will feel a little sore.
- Tell the nurse if you have any severe pain or discomfort.
- You will be able to have a drink after 4–6 hours when your swallowing reflex has returned.
- If there are no problems, you will be able to have some food later in the day.
- You may feel nausea or have vomiting. Do not worry, this will go by itself.

Going Home After the Test.

- If you are going home, it is essential that someone drives you home.
- Rest for the whole day. If sedation is given, it takes longer than you think to wear off. So if you were given an injection during the test:
 - a. Do not drive for at least six hours;
 - b. Do not operate any machinery for the rest of the day of the procedure;
 - c. Refrain from smoking, tobacco and alcohol.



For further information, please call:

Endoscopy Suite
(Monday to Friday
8:00 AM – 5:00 PM)
Aga Khan University Hospital
Karachi.
Phone : 4930051, Ext : 1422-23

Emergency Room
24 Hours
Aga Khan University Hospital
Karachi.
Phone : 4930051, Ext : 1090-91