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.

The Aga Khan University Hospital, Karachi.
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Website: www.aku.edu
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 outpatient).
• 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:**

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<th>Endoscopy Suite</th>
<th>Emergency Room</th>
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<tr>
<td>(Monday to Friday)</td>
<td>Aga Khan University Hospital</td>
</tr>
<tr>
<td>8:00 AM – 5:00 PM</td>
<td>Karachi.</td>
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<tr>
<td>Aga Khan University Hospital</td>
<td>Phone : 4930051, Ext : 1090-91</td>
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<td>Karachi.</td>
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<td>Phone : 4930051, Ext : 1422-23</td>
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