

If you have any other problems or queries about your test,
please telephone the Endoscopy Unit on:-

Tel: 01634 825027 or 01634 825028

Opening Hours:
Monday - Friday: 7.30am to 6.00pm

Sunderland Day Case Centre Endoscopy Unit

Advice After your Gastroscopy Achalasia Dilatation

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After your Achalasia Dilatation

You have just had a procedure called an Achalasia Dilatation. Achalasia is a condition in which the normal muscular activity of the oesophagus (gullet) is disturbed. This causes problems swallowing. Today we have dilated your oesophagus. You have had sedation so follow the instructions below.

The effects of the sedation can last for 24 hours after your gastroscopy. During this time, you should not drink any alcohol or place yourself in a position of risk such as:-

- ◆ Driving a motorised vehicle
- ◆ Operating machinery
- ◆ Making important decisions
- ◆ Signing important documents

Eating and Drinking

We will advise you when you can eat and drink. We often prefer to have a chest X-Ray performed following this procedure.

You can take your normal prescription medicines as soon as you are able to drink safely. However, please discuss this with the ward staff first.

After Effects

You may experience a feeling of abdominal bloating and/or wind-like pain.

You may experience a sore throat for a few days after your procedure. This can be relieved by sucking lozenges for a sore throat.

You may also notice some chest discomfort. This should go away in a few days. You can take general pain relief medicine for that.

If you experience any of the following please contact the Endoscopy Unit or report to the Accident and Emergency Unit:

- ◆ Severe chest pain.
- ◆ Increasing shortness of breath.
- ◆ Coughing up or vomiting large amounts of blood
- ◆ If you are unable to swallow liquids or fluids.