

Esophagoscopy



UHN

Information for Medical/Surgical Day Unit Patients or for Endoscopy Suite Patients

An esophagoscopy (with or without dilatation) is a minor procedure.

- You will be given medicine to numb your throat.
- You will have an intravenous (IV) started in your arm.
- You will also be given medicine through the IV to make you sleepy.
- During the procedure, your doctor will look at your esophagus, stomach and the upper part of your intestine. Your doctor will use a special instrument called an endoscope to do this.
- The doctor will pass the endoscope down your throat.
- The doctor may take samples of tissue that are examined under a microscope for disease. These are called biopsies.
- If your doctor sees a narrowing of your esophagus, that area may need to be “stretched.” This is called a dilatation.
- A dilatation is done in different ways. Your doctor will explain this to you before the procedure.
- This test takes 15 - 60 minutes

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Author: Susan Walker RN, MN-ACNP and Gina Bryden RN, BA; MAEd

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Before your procedure

- Do not eat after midnight the night before your procedure.
- You may drink clear fluids up to 5 hours before your procedure. Examples of clear fluids are: apple juice, water, ginger ale, tea (with no milk or sugar added). Milk is not a clear fluid. If you have questions about clear fluids, call your surgeon's office.
- If you take any medicines, ask your surgeon if you should take them before your procedure.
- If you smoke, we strongly urge you to stop smoking before the procedure. Even 3 or 4 days of not smoking will help your lungs work better after your procedure.

After your procedure

- When you wake up after your procedure, you will be taken on a stretcher to a recovery room or the Post Anaesthetic Care Unit (PACU).
- Your nurse will check your pulse, temperature, blood pressure and rate of breathing. This is done a number of times while you are in the recovery room or PACU.
- You will stay in the recovery room or PACU for about 30 minutes. When you are ready to leave the PACU, you will be taken on a stretcher to the Medical/Surgical Day Unit. You will stay here until you are ready to go home.
- If you are recovered in the Endoscopy Suite, you will go home from here.
- If you have had a dilatation, you will have a chest X-ray before you go home.
- Once you are fully awake, the staff will give you sips of fluids to drink.

When you get home after your procedure

- Your throat might be quite sore. This is normal and will go away in a few days. Throat lozenges, cool drinks and soft foods can help ease the soreness.
- You may cough or spit up a small amount of fresh blood. This should stop after 2 days.

The day after your procedure, call for a follow-up appointment with your surgeon. If you had biopsies done, it takes 3 to 5 working days for your results to be ready. Please make your appointment when the results will be available.

- **Do not smoke** for 24 hours before or after your procedure
- **Do not drink alcohol** for 24 to 48 hours before or after your procedure
- **Do not drive or operate** machinery or power tools for 24 to 48 hours after your procedure
- **Do not take any sedatives** for 24 to 48 hours before or after your procedure (unless prescribed by your surgeon)

Call your surgeon if you:

- Develop fever/chills within 5 days after your procedure
- Cough or spit up blood more than 2 days after your procedure
- Develop back pain that was not there before your procedure
- Develop pain in the stomach area that was not there before your procedure

Location of the Medical/Surgical Day Unit:

2nd floor, North Building

Phone: (416) 340 – 3851

Endoscopy Suite:

2nd floor, North Building

Phone: (416) 340 – 3902

Surgeons with the Thoracic Surgical Team:

Dr. G. Darling (416) 340 - 3121

Dr. S. Keshavjee (416) 340 - 4010

Dr. A. Pierre (416) 340 - 5354

Dr. T. Waddell (416) 340 - 3432

Dr. M. DePerrot (416) 340 - 5549

Dr. K. Yasufuku 416 - 340 - 4290

Nurse Manager of Medical/Surgical Day Unit and Endoscopy Suite: Deborah Hurn

Advanced Practice Nurse

Susan Walker
(416) 340 - 4038