



DISCHARGE INSTRUCTIONS AFTER DILATION OF ESOPHAGUS

Follow-up:

Kate will call or email in 2 weeks to see how your swallowing is going. Follow up will be determined at that time.

Diet:

Please stay on a liquid diet for 48 hours after your procedure. Then a soft diet for the next 5 days. You may advance your diet as your swallowing allows.

Activity:

You may not drive the day of the procedure. No other activity restrictions.

Chest Pain & Sore Throat

You may have a sore throat for a few days. It is common to have chest pain after this procedure. You will be given several medications to take for this (see below).

Pain Medication & Medication Reconciliation:

- Xylocaine/Mylanta mixture – sip on this as needed for heartburn, belching, hiccups and before eating/drinking to help minimize pain with swallowing.
 - You will be given a prescription for the Xylocaine. Mylanta is over the counter (please buy Mylanta brand only). Mix 2 ounces of xylocaine with 12 ounces of Mylanta.
- Compazine – take one pill every 8 hours as needed for nausea and/or vomiting.
- Sucralfate – 30ml by mouth before meals as needed.
- Continue your reflux medication: Nexium, Prilosec, Prevacid, etc TWICE daily for the duration of your treatments. A prescription for Omeprazole has been written. If you are on a different PPI, continue on that medication 30 min before dinner, and take Omeprazole 30 min before breakfast.
- AVOID: Aspirin, anti-inflammatory medications (Motrin, Advil, Aleve, Ibuprofen) for 1 week after the procedure.

Call for:

1. Fevers to more than 101 ° F, or with chills.
2. Unusual chest pain or leg pain.
3. Increasingly red or tender incisions.
4. Please do not hesitate to call with any other questions.

Other:

For non-urgent questions, you may email Kate at kate@iersurgery.com Please allow 24-48 hours for response