St George's University Hospitals
NHS Foundation Trust

Oesophageal Band Ligation Discharge Information

After Your Procedure: Immediate Advice

Throat Spray

- A local anaesthetic spray has been used to numb your throat during the procedure. This will normally wear off in 30 minutes but may take up to 2 hours for normal sensation to return.
- When you are allowed to start drinking, take a sip of cool water to check normal swallowing has returned. Repeat this process every 30 minutes until normal sensation and swallowing has returned.
- If you had **THROAT SPRAY ONLY**, you may go home unaccompanied. ☐

☐ Sedation Received

- You must have a responsible adult to escort you home and stay with you for at least **12 hours.**
- Sedation may remain in your body for up to **24 hours.**
- Your coordination and concentration may be impaired, and you may feel lightheaded or drowsy.

Activity Restrictions for 24 hours

- Do not drive or ride a bicycle
- Do not operate machinery
- Avoid activities requiring full concentration
- Avoid important decisions / signing legal documents
- Avoid online shopping or social media use

☐ Fentanyl Only (No Midazolam)

- If you have an escort, they must stay with you for at least 2 hours after leaving the unit.
- If you do not have an escort, you will remain in the Endoscopy Unit for 3 hours before discharge.
- You are advised to travel home by taxi, if unescorted.
- After Fentanyl your judgment and reaction times may still be affected.
- We recommend you avoid driving and riding a bicycle for 24 hours.

Eating and Drinking

- You should remain **nil by mouth** for **2 hours** after the procedure.
- Commence room temperature fluids only at: _____ For: **4 hours**
- Commence a soft, sloppy diet at: _____ For: **2 to 3 days** (soups, yoghurts, mashed foods), after which you may resume a normal diet.

When Can I Return to My Normal Activities

- Light activity (walking, cycling, normal daily activity) can usually be resumed within 24 hours, as long as you feel well.

Prescription Yes ☐ No ☐

- You may be prescribed a liquid medication called Sucralfate to encourage healing of the oesophagus lining after the procedure.

If You Have Had Samples Taken Yes ☐ No ☐

- Routine results are usually available within up to 6 weeks.
- Results will be sent to your GP and referring clinician. Please do not contact the endoscopy unit for results.
- Urgent results are usually available within 2 weeks and an appointment will be arranged by the specialist team in charge of your care to discuss these results.

What To Expect After Your Procedure

Common Side Effects

- **Sore throat**
  - It's normal to experience a mild sore throat for up to 48 hours following the procedure, simple lozenges will help.
- **Bloating and mild abdominal discomfort**
  - You may feel bloated or have mild abdominal (tummy) discomfort from the remaining air in your stomach, this is normal and should settle within 24 hours.
- **Chest discomfort when swallowing / Difficulty in swallowing**
  - You may have a feeling of 'something stuck' in your throat or chest and mild chest discomfort when swallowing for a few days. These symptoms are expected and usually settle in a few days. Take small sips of water when eating to help food pass comfortably. Eat slowly and chew well. Avoid very hot, spicy, or rough textured food (toast, crusty bread). Simple pain relief such as paracetamol can be used if needed.

When To Seek Urgent Medical Attention

Go to your nearest Emergency Department or call 999 immediately if, within the first week after your procedure, you develop:

- Fever (>38°C) / Chills / Rigors
- Severe or worsening abdominal, neck or chest pain
- Persistent nausea or vomiting
- Vomiting blood or 'coffee ground' material
- Black, sticky tar-like poo
- Difficulty breathing / Shortness of breath
- Fainting / Collapse

Do not drive yourself to hospital.
Take your endoscopy report with you if possible.

Please let us know
If you attend any Emergency Department (including another hospital), please inform the St George's Endoscopy Unit during working hours.

Emergency Contact Numbers

Monday to Friday, 8.30am to 6pm
☎ **Endoscopy Nurse in Charge**
020 8725 1491 / 2310

Evenings, weekends & bank holidays
☎ **Ward Nurse**
020 8725 5159

These numbers are for **urgent concerns only**. Staff will not be able to assist with you with queries about results or appointments.

√	**Additional instructions (if applicable)**
	Anticoagulants / Antiplatelet medication (blood thinners) Please restart your medication on:
	Prescription if required: Please pick up your prescription from: ☐ GP ☐ Hospital Pharmacy (Ground floor, Lanesborough Wing)
	Blood tests have been taken and the results will be sent to the specialist team in charge of your care. These will be discussed with you at your appointment with them.
	Scans will be arranged for you: ☐ CT Scan ☐ MRI ☐ Other
	Repeat Endoscopy: _____ An appointment will be arranged in: _____ If you have not received an appointment in the time frame above, please contact our booking team on 020 8725 1913, Monday to Friday 8.30am to 3pm.

For general enquires: Contact the Endoscopy unit: Monday to Friday 8.30am to 3pm on 020 8725 1913

Tell us about your Endoscopy visit
Please scan this QR code to complete our short anonymous patient experience survey.