

# Oesophagoscopy - Discharge Advice

## Patient information - Otolaryngology

### What is an Oesophagoscopy?

It is a procedure performed under a short general anaesthetic to directly examine the oesophagus (food pipe). Your surgeon may take biopsies for testing.

### Eating and drinking

You may be in hospital with **nothing** to eat or drink for 4 to 20 hours after surgery.

As your throat may feel irritated from the procedure, start with fluids, then a soft diet, and then progress to solid food.



### Pain relief

Throat pain is usually mild.

- Paracetamol (tablets or syrup), may be used 4-6 hourly for the first 24 hours, as required. Do not exceed the recommended dose.
- Do not use Aspirin or Disprin for pain relief as these can cause bleeding. Many other medications contain Aspirin. Please check with your pharmacist.



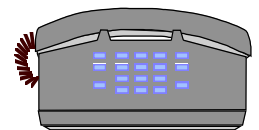
### Follow up

It is important to attend any outpatient appointments that you receive.

### Complications

If you experience any of the following:

- sharp pain in your chest, shoulder or neck
- increasing pain on swallowing
- temperature
- swelling in your neck
- generally feeling unwell.



Please seek medical advice:

- from your GP
- or through the contact details on this pamphlet.

## Contact Details - Christchurch Hospital

### ORL(ENT) Outpatient Department

Telephone: 364 0985

Hours: Monday–Friday 8.00 am–5.00 pm

### Ward 21 (Children’s Ward)

Telephone: 364 0210

### Adult ORL Ward

Telephone: 364 0640 and ask for ENT ward

### Day Surgery Unit

Telephone: 364 4034

Hours: Monday–Friday, 7.00 am–7.00 pm

1st floor Christchurch Women’s Hospital

**Our mission is to provide  
high quality ORL services to  
the people of  
Canterbury and beyond.**

For more information about:

- your health and medication, go to [www.healthinfo.org.nz](http://www.healthinfo.org.nz)
- hospital and specialist services, go to [www.cdhb.health.nz](http://www.cdhb.health.nz)