

After Esophageal Varices Banding

at Toronto Western Hospital

Read this booklet to learn:

- What we found
- Your follow-up care
- How to care for yourself when you get home
- What to expect
- What problems to watch for



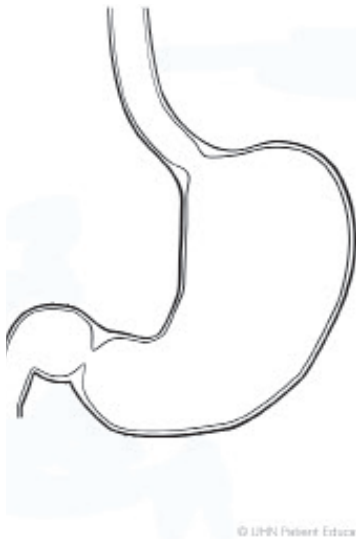
Esophageal Varices Banding



What we found:

Follow-up care:

- family doctor
- _____ Clinic



Results and follow-up plan discussed:

- with patient
- with family

Doctor's signature

After esophageal varices banding

You had a procedure where your doctor used an endoscope (small tube with a camera at the end) to place a rubber band around the veins in your esophagus. The band lowers the risk of bleeding in your esophageal veins.



What can I eat and drink?

Do not eat or drink anything for 2 hours after your procedure.

Start with sips of water or cool, clear liquids. Have soft foods such as puddings and soup or mushy foods such as porridge, blended cream soups and mash potatoes for the next week.

Your throat may feel a little sore for 24 to 48 hours. Using cough drops or gargling with warm, salty water can help.

For the first 24 hours after your procedure:

- Do not drink alcohol.
- Do not drive or use heavy machines.
- Do not make important decisions or sign any legal papers.
- Do not take any sedatives, tranquilizers, sleeping pills, or medicines that make you drowsy.
- Do not lie flat at night.
- For 72 hours, do not lift objects over 10 pounds (5 kilograms).

How do I expect to feel?

The medicine you received during the procedure may stay in your body up to 24 hours. You may feel tired or sleepy and have trouble concentrating. Once you get home, relax for the rest of the day.

You may have some bloating, stomach cramps, and a feeling of fullness because of the air we put in during the test. This will get better over several hours.



When can I return to normal activities?

You can return to your normal activities 24 hours after the procedure.



When can I start taking my regular medicines?

Take all your usual medications unless your doctor has given you different instructions. If you have mild chest discomfort, take 1 or 2 Tylenol Extra-Strength (acetaminophen) as needed. Don't take more than 4 pills in one day.

Take the antacid pill prescribed by your doctor.



Call your doctor or go to your nearest emergency department if you have:

- fever
- vomiting
- weakness and dizziness
- blood in stools
- black or tar-coloured stools
- shortness of breath
- severe chest pain
- stomach pain
- trouble swallowing or pain when you swallow

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