



Mugga Wara

Endoscopy Centre

ABN 59 084 725

BANDING OF OESOPHAGEAL VARICES

This information is in addition to your general post-procedure information booklet

Banding of Oesophageal Varices is a procedure where the doctor applies small rubber bands to the dilated veins in your oesophagus (swallowing tube).

The doctor would have discussed the indications and risks with you prior to your arrival to the centre.

After the procedure:

- you may experience soreness or an uncomfortable feeling in your throat and/ or chest. This should only be mild.
- Ensure you drink adequate fluids to stay hydrated
- Increase your food intake slowly. Start with soft foods such as jelly and custard and increase as tolerated. Some foods may be more difficult to swallow than others. Often red meat, chicken and bread are the most difficult
- Your doctor and nurse can advise you on diet
- Avoid very hot and very cold food and fluid until soreness subsides. This may take a day or two.
- Do not lie flat at night if this is uncomfortable
- Avoid lifting more than 10kg for up to 72 hrs. This may dislodge the bands and may cause bleeding.

In the unlikely event that you experience any of these symptoms:

- Chest pain
- Feel feverish
- Vomiting fresh blood and / or clots
- Passing blood, dark stools
- Weak or dizzy
- Shortness of breath
- Trouble swallowing or pain when swallowing

Contact GastrotrACT

02 6234 7900 between 8.00am and 5.00pm

Or

after hours:

Contact your General Practitioner,

Present to your local Hospital Emergency Department

Call 000