

After Your Esophageal Ablation

Self-care at home

This handout gives self-care instructions for patients who have had an esophageal ablation. This procedure is done to treat a condition called Barrett's esophagus.

What to Expect

After your procedure, you may have:

- A sore throat and trouble swallowing
- Nausea
- Pain
- A low fever

These symptoms will get better each day.



Your doctor may give you medicine to soothe your esophagus.

Medicines

Your doctor may give you a **Maalox-Lidocaine mixture** to take at home. This medicine numbs the sore area in your esophagus. Take it as prescribed, before you eat or drink something.

Self-care

Today

- For your safety and the safety of others, do **not** drive today. It is against the law.
- Do **not** drink alcohol.

Today and the Next 7 Days

- **Start with a liquid diet.** Avoid very cold and hot fluids. If you handle liquids well, move on to a soft diet.
- **A soft diet** is made up of foods that are soft, moist, and easy to chew and swallow. These foods may be chopped, ground, mashed, or pureed.
- Do **not** take over-the-counter (nonprescription) pain medicines, unless your doctor or nurse says it is OK. These include aspirin, ibuprofen (Advil, Motrin) or naproxen (Aleve, Naprosyn). You can take acetaminophen (Tylenol) for pain.

Very Important

Take _____ **2 times a day!!**

You must take your proton pump inhibitor 2 times a day. Your doctor may have prescribed omeprazole, Prilosec, Protonix, Nexium, or another medicine. Do this until your next EGD.

When to Call

Call us **right away** if you have any of these problems:

- Ongoing pain in your abdomen, chest, or shoulder
- Vomiting red blood
- Black stool
- A fever higher than 100°F (37.8°C)
- Problems swallowing

Who to Call

Your concerns are important to us. If you have questions:

- Call the Digestive Health Center weekdays between 8a.m. and 5p.m. at 206.598.4377.
- After hours, on the weekend and on holidays, please call the Community Care Line at 206.744.2500.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

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