

## How do I take care of myself at home?

- For at least 24 hours:
  - ✳ Do not do any heavy exercise or activity.
  - ✳ Do not lift, carry, push, or pull heavy objects.
- Resume taking routine medicines unless your doctor or the radiologist tells you something different.
- If you have any pain, take the pain medicine you usually take for minor aches and pains.

### When to get help

Call your doctor right away if you notice:

- flu-like symptoms such as fever above 38.5°C (101°F), aches, and chills

Go to the nearest Emergency Department or call 9-1-1 if any of the following happen:

- pain from the procedure site that does not go away after taking pain medicine
- bleeding that does not stop

## Locations

**Abbotsford-Regional Hospital** 604-851-4866  
Medical Imaging, 2<sup>nd</sup> Floor, Fraser Wing  
32900 Marshall Road, Abbotsford

**Lions Gate Hospital** 604-984-5775  
Medical Imaging, Lower Level  
231 East 15<sup>th</sup> Street, North Vancouver

**Royal Columbian Hospital** 604-520-4640  
Medical Imaging, Columbia Tower  
330 E. Columbia Street, New Westminster

**St. Paul's Hospital** 604-806-8006  
Medical Imaging, 2<sup>nd</sup> Floor, Providence Building  
1081 Burrard Street, Vancouver

**Vancouver General Hospital** 604-875-4111  
GI/GU Department, Jim Pattison Pavilion Ext 68937  
Station 5, Ground Floor, 855 West 12<sup>th</sup> Avenue, Vancouver

**HealthLinkBC** 8-1-1

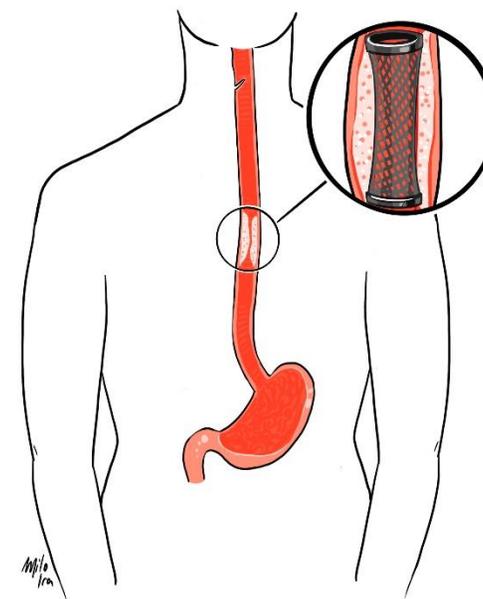
Call any time you have any questions or concerns.  
HealthLinkBC is open 24 hours.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.



# Esophageal Stent Placement

Medical Imaging



[www.fraserhealth.ca](http://www.fraserhealth.ca) ♦ [www.vch.ca](http://www.vch.ca)

This information does not replace the advice given to you by your healthcare provider.

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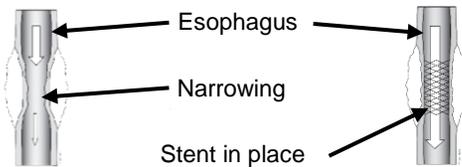
VCH Catalogue #FK.200.E86

## What is an Esophagus? What is an Esophageal Stent?

An esophagus (say *ee-saw-fa-gus*) is a tube that carries food from your mouth to your stomach.

A stent is a small tube usually made of wire mesh. It opens a blockage or narrowing.

In this case, a stent is put in place to keep the esophagus open so a person can swallow soft foods and liquids.



## Who will be doing the procedure?

An interventional radiologist does the procedure. This doctor specializes in image-guided procedures and uses fluoroscopy for this procedure.

If you have questions about the procedure, you can ask the radiologist before we start.

## Can I bring a relative or friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room with you during the procedure.

**You must arrange for a responsible adult to drive or escort you home after this procedure**

## What happens before the procedure?

Our Medical Imaging department contacts you with specific instructions on how to prepare for this procedure.

## What happens during the procedure?

We start an intravenous in one of your arms. This allows us to give you medicine to help you relax (sedation) and to treat any pain.

The radiologist does the following:

- Asks you to drink oral contrast. This makes it easier for the radiologist to see your esophagus.
- Sprays medicine in to your mouth to numb your throat.
- Inserts a thin tube (catheter) with a deflated balloon through your mouth, into your esophagus.
- Inflates the balloon where your esophagus is narrow.
- Inserts a stent in the same way as the balloon.
- Removes the tube and leaves the stent in your esophagus.

## Does it hurt?

You might have some pain or discomfort in your throat during the procedure. We use numbing spray in your throat and pain medicine to help with this.

## How long will it take?

Every person and situation is different. The procedure usually takes 45 to 60 minutes.

## What happens afterwards?

We move you to a recovery area. You stay here for 2 to 4 hours.

The radiologist gives you instructions on when you can eat and drink.

## Are there any risks or complications?

Unexpected complications can include:

- pain in the esophagus
- coughing up blood, usually mild
- new hole in the esophagus (rare)
- movement of the stent
- heartburn (gastroesophageal reflux: *say gas-tro-es-saw-fa-jeel*)
- reactions to medicines given.