

Diagnosis and Minimally Invasive Treatment of Esophageal and Gastric Disorders

DISCHARGE INSTRUCTIONS FOR LARGE CALIBER BALLOON DILATION (REGIFLEX)

Follow-up:

Call 303-788-7700 for an appointment to see Dr Bell for office follow-up 10-14 days after the procedure. It is crucial that you come in for this visit.

****You need to have a Timed Cine (video) Esophagram with barium and crackers/marshmallow/pill just prior to your 2 week follow-up appointment. Our office will order the test, and you need to call Swedish Medical Center Radiology directly at 303-788-5444 option #3 to schedule the test.****

Diet:

For 2 days after the procedure you can have clear liquids. From day 3 through the end of week 1 you can have soft foods. Try some solid foods during week 2. This will allow us to see how you are swallowing at the time of your follow-up appointment and discuss any modifications to your diet.

Follow attached diet progression. Take small bites, eat slowly, and chew thoroughly before swallowing. Be especially cautious with bread and meat as they are most prone to stick. If you have food sticking or have regurgitation or vomiting, go back to a liquid diet until you are not having these problems.

If liquids are coming back up on you, especially if you are not able to take at least 1.5 liters/ day of water or clear liquids, call the office. Carbonated beverages may cause excess bloating and you are cautioned to stay away from them until your system has recovered from surgery; then you may try them gradually.

If you become constipated it is okay to use a laxative periodically.

If Food Sticks:

It is not uncommon for patients to experience food sticking for 1-2 weeks after the procedure – sometimes the only thing you feel is severe pain on swallowing. When this happens the best things to do are to stand up, to walk around slowly, and to try sipping some lukewarm water. Generally these pains will pass within 10-15 minutes; if they persist longer you should call the office.

Activity:

In general, you may resume normal nonstrenuous activity as soon as you are up to it.

Pain Medication & Medication Reconciliation:

You will have been given a prescription for a narcotic pain reliever such as hydrocodone (Lortab) or hydromorphone (Dilaudid). As soon as you are able to, please switch to Acetaminophen (Tylenol), as directed on the package, up to 3000 mg/day. You will also be given a prescription for a GI cocktail. This is a liquid pain reliever that you can take as needed for pain.

You may resume other medications you were on prior to the procedure. You may have been given a sheet that reviews your medications upon discharge from the hospital. Unless we have specifically informed you of any changes, if there are questions about your usual medications we ask that you review these with the provider that prescribed the medication.

You have a prescription for an antinausea medication, probably prochlorperazine (Compazine). Use this as directed if you are nauseated, in order to avoid retching.

Call for:

1. Fevers to more than 101 ° F, or with chills.
2. Unusual chest pain, leg pain, or neck pain.
3. Increasing cough or sputum production, or difficulty breathing, as these can be signs of aspiration.
4. Please do not hesitate to call with any other questions.

Other:

For non-urgent questions, you may email Kate at kate@sofisite.com Please allow 24-48 hours for response

Patient Signature Date

Provider Signature Date

Patient Label

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DIET INSTRUCTIONS AFTER PER LARGE CALIBER BALLOON DILATION (REGIFLEX)

Items marked with an X may be consumed

Post-Procedure Week:	Day 1 -2	Day 3 thru end Week 1	Week 2
Clear liquids	X		
Chicken Broth, Strained cream soups		X	X
Sorbet, Ice cream, smoothies*		X	X
Liquid Nutritional Supplements		X	X
Pudding		X	X
Milk		X	X
Gelatin		X	X
Yogurt		X	X
Cottage cheese		X	X
Well-cooked and pureed vegetables (no chunks, no potatoes)		X	X
Chewable vitamins		X	X
Clear liquids(coffee, tea, juice, popsicles, etc)		X	X
Moist & boneless fish			X
Canned fruits without skins			X
Bananas			X
Melons			X
Berries			X
Tofu			X
Meatless casseroles			X
Soft eggs			X
Cooked vegetables			X
Pasta			X
Soft & moist rice			X
Noodles			X
Cereals softened in milk			X
Bread			X
Fresh fruits			X
Meats			X

*cold liquids may cause some discomfort in the chest.