

4 HOW TO PREPARE?

Have an empty stomach!

Do not eat or drink anything for at least 6 hours before your procedure.

5 WHAT TO EXPECT AFTER?

Food and drinks



No food or drinks for first few hours after procedure.

After that, you can have clear liquids like water and soup, and eat soft puréed foods like mashed potatoes and pudding if you have no pain with swallowing.

For the first 24 hours after your procedure, remember:

- No hot foods, only lukewarm.
- No sharp/hard foods like cookies and chips.

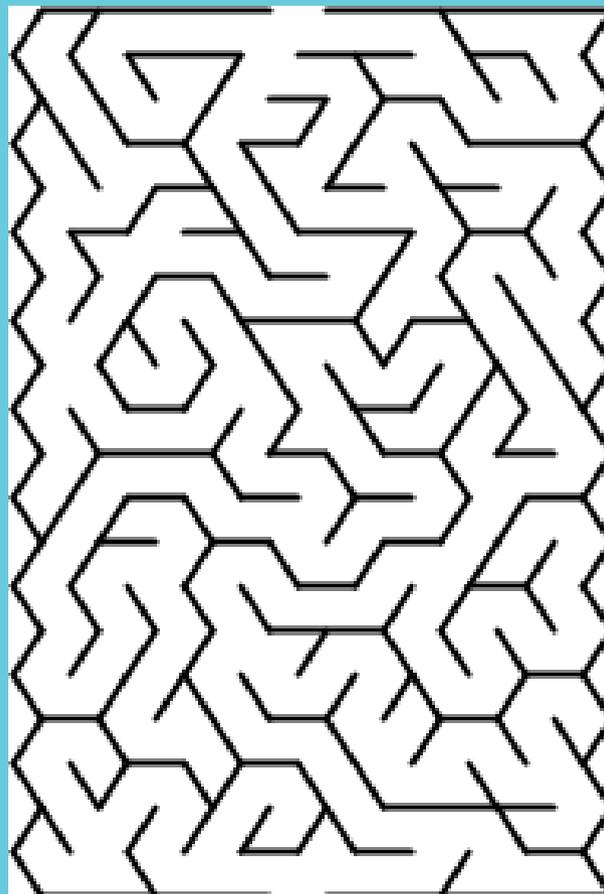
After 24 hours and no pain with swallowing, you can continue your regular diet!

Going home

Most children are able to go home on the same day of the procedure.



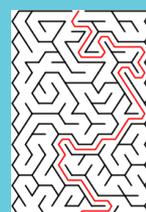
Can you help the cupcake find it's way to you?



Maze from mazingenerator.net



Maze solution:

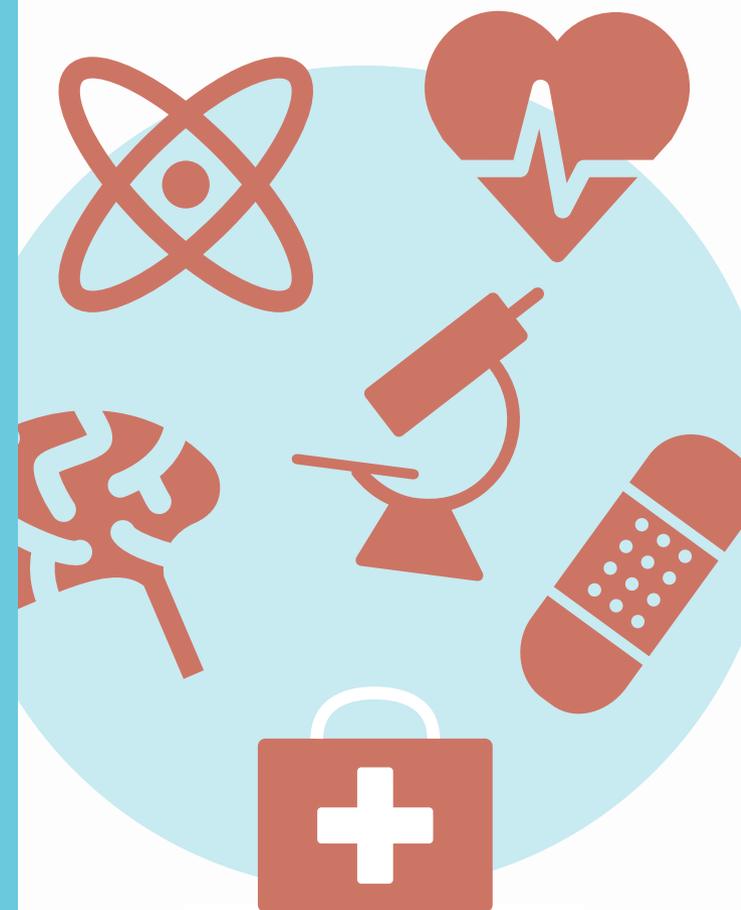


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Your guide to

ESOPHAGEAL DILATION



 Society of
Interventional
Radiology
*The vision to heal**

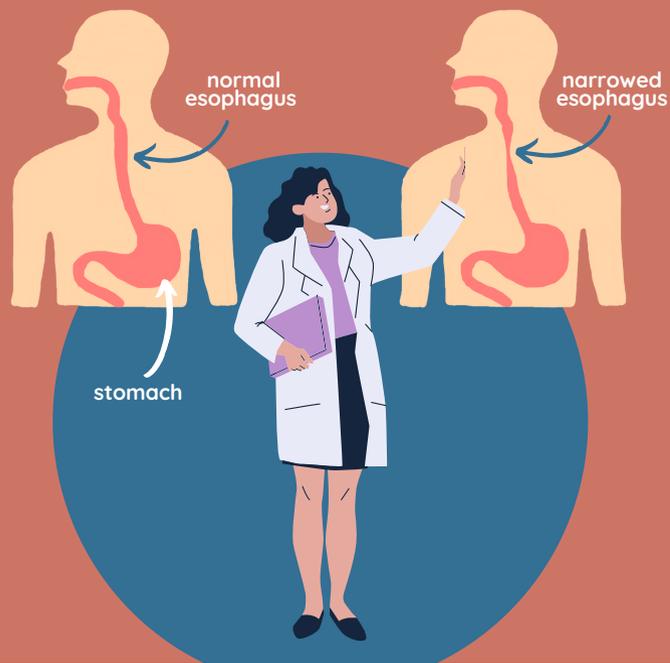
1 WHAT IS ESOPHAGEAL DILATION?

The esophagus (say: ih-SOF-eh-guss) is a stretchy pipe that carries food and liquids from your mouth to your stomach.

Allergies and **injuries** can narrow your esophagus by forming scar tissue called **strictures**.

When it becomes narrowed, you may have difficulties swallowing food and liquids.

Esophageal dilation allows your doctor to dilate, or stretch, the narrowed part of your esophagus.



2 HOW IS ESOPHAGEAL DILATION PERFORMED?

The procedure takes between **30 - 60 minutes** to complete.

01 You will be put to sleep using anesthesia (say: an-es-THEE-zuh), which will make the procedure more comfortable for you.

02 Using live X-rays known as fluoroscopy, the doctor will pass a flexible wire from your mouth into the esophagus, just past the narrowed point.

03 A medical balloon will be threaded down your esophagus using the flexible wire as a guide.

04 The medical balloon will be inflated into a sausage-shape to stretch and widen the narrowed part of your esophagus, after which the balloon will be deflated and removed.

05 The doctor will use an x-ray dye to make sure your esophagus has been widened to the right size. The dye will be gone when you wake up.



3 WHAT ARE THE RISKS?



This procedure is **LOW-RISK**

However, some risks of the procedure include:

- Esophageal tear
- Bleeding at treatment site (coughing or throwing up blood)
- Mediastinitis (inflammation of tissue in chest area)

Will you be in pain afterwards?

You might feel some discomfort with swallowing, but pain meds can help with this!

