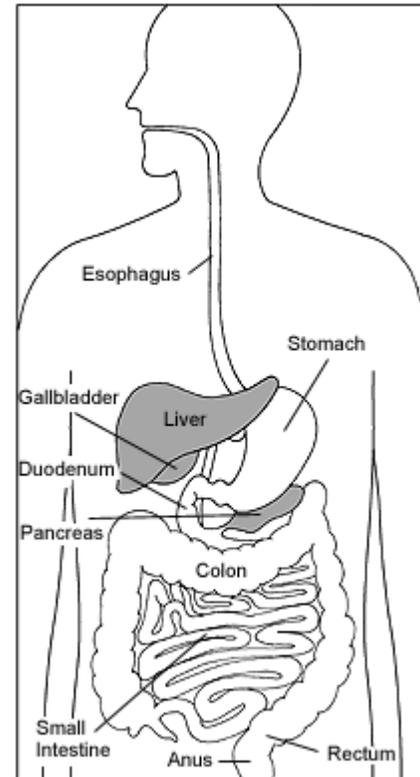


## EGD with Stent (EsophagoGastroDuodenoscopy)

EGD with Stent placement is a procedure used to treat disorders of the gastrointestinal tract, usually tumors or strictures of the esophagus, stomach and duodenum (first part of small intestine). The doctor passes an endoscope (a thin flexible lighted tube with a camera on the end) through your mouth to inspect the tissue in your esophagus, stomach and duodenum. For many people with a tumor in their esophagus or duodenum, the area may be narrowed and need to be enlarged for food to get through. During the EGD, a hollow mesh tube called an esophageal or duodenal stent can be placed. A balloon may also be used to expand the esophagus or duodenum during placement. These treatments should allow food to pass through, though occasionally they can also cause discomfort from the esophagus or duodenum stretched.



### What to Expect with your EGD with Stent

#### *Before*

Do not eat or drink anything after midnight the night before your procedure. On the day of your EGD with Stent, you will arrive 30 minutes before the procedure is scheduled. You will put on a hospital gown and remove any jewelry, eyeglasses, contacts, and dentures. The doctor and/or nurse will explain the procedure again and answer any questions you might still have. You will be asked to sign a consent form giving permission for the procedure. A nurse will put in an IV in your arm before the procedure starts for hydration and sedation medication. You will be connected to a machine that will monitor your heart rate, blood pressure and blood oxygen level throughout the procedure.

#### *During*

Local anesthetic may be sprayed onto your throat to make it numb and you will be given medication through the IV to make you sleepy and relaxed. A mouth guard will be placed to protect your teeth and gums. While in a comfortable position on your left side, the doctor will pass the endoscope through your mouth and down your throat. The endoscope will not interfere with your breathing. The doctor will guide the endoscope through your esophagus, stomach and duodenum. This may also be done under guidance of x-ray. Once in the esophagus or duodenum, the doctor will carefully inspect the tissue, dilate and enlarge the area with a balloon if necessary and then place the esophageal or duodenal stent to allow the area to stay open. The examination generally takes 15-45 minutes depending on the findings.



### *After*

You will wake up from the sedation in the recovery room. Your throat and esophagus may feel sore. Because of the sedation, you should **NOT** attempt to take anything by mouth for at least one hour. In most cases, a liquid diet can be resumed later in the day as tolerated. With an esophageal stent or duodenal stent in place, you **MUST** remain on a low residue diet that is low in fiber to prevent clogging of the stent. Immediately after the procedure, your belly may feel bloated and full from air inflated through the endoscope during the procedure. You will remain in recovery for up to 2 hours. A companion **MUST** be able to drive you home, as the sedation impairs your reflexes and judgments. For the remainder of the day you should **NOT** drink alcohol, drive any type of vehicle, operate machinery, or make any important decisions. We suggest you rest quietly.

**Because esophageal stents open the area between your mouth and stomach that was previously narrowed, you may notice increased heartburn, burping and discomfort. This can be treated with antacid medications, but still may be present to some degree while the stent is in place.**

### *Risks*

EGD with Stent can rarely (1 in 100) result in complications such as reactions to the medications, making a hole in the digestive wall (perforation of the esophagus, stomach or intestines), and bleeding. While these complications are not common, in certain cases they can be very serious and may require urgent treatment, an extended hospitalization, or even an operation.

\*Be sure to inform us immediately if you have any increased pain, dizziness, fever, chills, rectal bleeding or vomiting ***after*** the EGD with Stent.

Food may occasionally stick inside the stent, particularly if a diet with moderate vegetable/fruit/fiber intake is consumed. If a blockage like this were to happen, you may start to vomit and be unable to get food down. You should call us immediately to have the food removed with an endoscopic procedure. In some cases, the stent may have to be adjusted or removed.

Stents may also slip out of position (1 in 15). This can be adjusted or removed with an endoscopic procedure. Symptoms would include difficulty swallowing or nausea/vomiting. 1 out of 10 people will complain of continued chest discomfort after the procedure. There is a small chance of aspiration after the procedure due to the esophagus being opened by the stent and juices from the stomach being more easily regurgitated. This can be best avoided by staying upright for at least 2 hours after meals and eating small frequent meals.

***Please take the time to consider the benefits and risks this procedure has to offer you.***

Drs. Jamidar, Aslanian & Farrell want you to have the best procedure experience possible. Please call with any questions, concerns or problems.

M-F 8:30 am-4:30 pm at (203)200-5083

August 2016



**Your EGD with Stent is scheduled for**  
\_\_\_\_\_ at \_\_\_\_\_ am/pm; \_\_\_\_\_ am/pm arrival  
**with Dr. Jamidar/ Dr. Aslanian/ Dr. Farrell**  
**at the Yale Center for Advanced Endoscopy on Smilow 4.**

### ***Instructions for your EGD with Stent***

#### **Two Weeks before your EGD with Stent**

1. Call us if you have **allergies** or bad reactions to antibiotics, medications or anesthesia.
2. Call us if you have **heart** or **breathing** problems, as we will need recent records of tests and visits from your heart and lung doctor before the procedure.
3. Call us if you take **blood thinners** like Coumadin/warfarin or Plavix or aspirin, as they may need to be adjusted before your procedure.
4. Call us if you have **diabetes**, as your medications may need to be adjusted the AM of, or PM before your procedure.
5. Call us if you are on **dialysis** or have **kidney** problems, as you will need bloodwork before your procedure.

#### **The Night before your EGD with Stent**

1. Do not eat or drink ANYTHING after midnight, including gum/candy or cigarettes. You may take regular PM and AM medications with a small sip of water (though blood thinners and diabetes medications may have to be adjusted).

#### **The Day of your EGD with Stent**

1. Arrive at the Center for Advanced Endoscopy 1 hour before your EGD is scheduled.
2. Validated parking is available at the Smilow Cancer Hospital Valet Service.

#### **After your EGD with Stent**

1. A companion must drive you home, as the sedation affects your reflexes and judgments.
2. For the remainder of the day, you should not operate any vehicle, heavy machinery or make important decisions due to the sedation. We recommend resting quietly.
3. If you have any increased pain, rectal bleeding, tarry stools, vomiting blood, fever, chills or jaundice please call Drs. Jamidar/Aslanian/ Farrell immediately.
4. You may start with a liquid diet if the doctor permits once you leave. This can be advanced as tolerated to a soft low residue diet. See the following page for food suggestions.

***Following these instructions is very important; not doing so may result in delaying, rescheduling or canceling the procedure.***

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M-F 8:30 am-4:30 pm at (203)200-5083

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August 2016



## Low Residue Diet for People with esophageal or duodenal stents

### *Foods to Choose:*

Cereal with plenty of milk, oatmeal, cream of wheat, flaked fish, poached/steamed fish, tender meat cooked in sauce cut up in very small pieces, mashed potatoes, well cooked rice or pasta in sauce, soft well cooked vegetables, soft cooked fruits without skin, cottage cheese, cream cheese, scrambled eggs, yogurt, ice cream, pudding, milk shakes, liquid nutrition supplements like boost/ensure/carnation instant breakfast, jello, juice, milk, soups, soda or other carbonated beverages.

### *Foods to Avoid:*

Cereals with dried fruit or nuts, dry meat or fish, tough fibrous meats such as steak, hard chips or crackers, roasted or baked potatoes with skins, soft doughy breads, raw vegetables or anything too crunchy or fibrous, fruit skins, raw fruit, hard cheeses, hard boiled eggs, foods with seeds or nuts, cubes of cheese.

### *General Eating tips:*

- ✓ Aim for 5-6 small meals throughout the day
- ✓ Make sure food is well cut up and chew thoroughly
- ✓ Pureed/smooth foods will be easier to ingest
- ✓ Take plenty of fluids while eating to help the food pass through the stent (at least 8-16oz throughout a meal)
- ✓ Always eat in an upright position
- ✓ Remain upright for 2 hours after eating
- ✓ Sleep with a wedge pillow or elevate the head of your head 30 degrees or more to prevent regurgitation of food.
- ✓ Drink at least 4oz of liquid any time you are taking oral medications to help flush them through the stent
- ✓ If you feel Stent is blocked, do not panic, stop eating and try drinking small sips of fluids, cola often can help unclog a stent. If blockage remains, please call us immediately.

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August 2016

