

# ESOPHAGEAL STENT PLACEMENT



## **Why is the stent placed?**

- To assist with swallowing if there is a blockage in your esophagus.

## **The day before the procedure:**

- Nothing to eat after midnight the day before the procedure.
- If you are able to, take your morning medications with enough water to swallow them comfortably.
- If you are diabetic and/or are on blood thinning medications, you will be given specific instructions regarding your medications for the procedure.
- You will stay overnight in the hospital, so bring what personal items you need with you on the day of your procedure appointment.

## **What to expect after the procedure?**

- You may have some pain during the first 24 hours after the procedure as the stent expands in your esophagus.
- You will have an xray to make sure the stent is in proper position, before being sent home.
- You will be on a clear liquid diet immediately after the stent is placed.
  - You will meet with a dietician before discharge to review what foods you can eat with the stent in place.

## **What to expect when you go home?**

- In order to prevent any complications, such as food getting stuck in the stent, carefully follow the instructions given by the dietician.
- You will be prescribed an acid reducing medication called Omeprazole.
  - Take this medication twice a day as directed.
- Do not lay down within two hours of eating, this will prevent food from coming up into your esophagus.
- Keep the head of you bed elevated to 30 degrees to prevent acid from entering your esophagus.
  - Purchase a foam wedge pillow (triangle-shaped). You should be able to find one at a store that sells specialty pillows, like Bed, Bath & Beyond.

## **When to call us?**

- Call our office at 206-223-2319 (24 hours a day, 7 days a week) if you experience any of the following symptoms:
  - increasing pain in your abdomen, chest or back
  - a fever or chills
  - difficulty swallowing food or liquids