

## **Discharge Advice**

### **Panendoscopy +/- biopsies**

#### **Discharge Advice following Panendoscopy:**

The aim of this procedure is to examine your throat and oesophagus (pipe through which food passes from the throat to the stomach) when you are asleep under general anaesthetic. This is in order to diagnose the cause of your throat/swallowing problem.

The operation involves passing a hollow tube through your mouth down into your throat. An endoscope can be passed down through this hollow tube in order to assess your throat in detail.

If required, samples of abnormalities (biopsies) found within your throat can be sent to the laboratory for further assessment. Some patients will also have their tonsils removed as part of this procedure. A separate discharge advice leaflet is available for this additional procedure.

#### **Pain**

Most patients experience some soreness in the throat for the first few days post surgery. The throat discomfort will be of a longer duration and more severe in patients who also had their tonsils removed (usually around 2 weeks). Simple painkillers such as paracetamol should ease the discomfort. As the procedure is performed via the mouth, there may be some bruising/cracking to your lips and gums. You can apply Vaseline to any cracks on your lips in order to keep the area moist.

#### **Diet**

Drink plenty of water and initially start on a soft diet when instructed to do so by nursing staff. Most patients are able to return to a normal diet within 48 hours.

#### **Bleeding**

There may be some blood staining within your saliva for the first few days post surgery (particularly if biopsies have been performed). In the unlikely event of persistent heavy bleeding, you should go immediately to your nearest A&E.

#### **Return to work**

Your surgeon will be able to give specific advice regarding this (it will depend on what procedure was performed). As a minimum you will require at least 48 hours off work. If you also have your tonsils removed, a period of 2 weeks off work is advised. A sick note can be supplied upon your discharge.

### **Smoking**

You are strongly advised to stop smoking as this causes irritation to your throat.

### **Follow up**

You will be advised prior to discharge whether or not a follow up appointment is required.

### **EMERGENCY DISCHARGE INFORMATION**

**09:00 to 17:00 Monday to Friday (excluding bank holidays):** Contact the ENT Treatment room on 01633234018

**After 17:00/overnight (adults):** Ward C0 01633 493926.

**After 17:00/overnight (children):** Ward C1 01633 493609.

**In the event of an emergency, attend your closest Accident & Emergency department**

**“This document is available in Welsh / Mae’r ddogfen hon ar gael yn Gymraeg”**