



Vanderbilt University Medical Center

GI Endoscopy Lab

What to expect:

You will be undergoing Upper Endoscopy with ablation. You may experience one or more of the following symptoms after treatment: chest discomfort, sore throat, difficulty or pain with swallowing and/or nausea/vomiting. These symptoms should improve with each day. You will be provided with several medications and specific instructions (listed below) to make you as comfortable as possible during this time. Should any symptoms be more severe in nature or longer in duration than we have described, please contact us at 615-322-0128.

- Following your procedure please start with a full liquid diet for the first 24 hours. Progress to soft solid foods for the next 2-6 days or until you tolerate eating regular foods without discomfort. Avoid spicy or acidic foods. Also, avoid foods and beverages that are hot in temperature (luke warm or cold is preferable).
- Avoid aspirin or non-steroidal anti-inflammatory medications (Motrin, Advil) for 7 days.
- A liquid antacid mixture will be prescribed and sent to the pharmacy of your choice. Please fill the prescription and bring it with you the day of your procedure; you will use this mixture while in the recovery area following your procedure to control any swallowing pain and as instructed at home upon discharge.
- Purchase Tylenol Liquid (acetaminophen) over the counter. This will be used for mild discomfort and should be taken on a regular basis, every 4-6 hours. If it is not controlling the pain, you may change to the narcotic prescribed for you after your procedure.
- A narcotic will be prescribed for moderate pain control. You should not drive while taking this medication. **Do not take the narcotic and Tylenol together, use one or the other.**
- You may also be prescribed a medication used to treat nausea and you should take this as needed.
- Prilosec, Nexium, Aciphex, Protonix, Prevacid, or Omeprazole: These medications are used to suppress the acid in your stomach and promote healing of the esophagus especially during treatment. Please be sure to take your medication twice a day, 30 minutes before breakfast and 30 minutes before dinner everyday or as prescribed specifically by your physician.