

## DISCHARGE INFORMATION FOR PATIENTS AND FAMILIES

### Advice for patients following Oesophagoscopy

Please be aware that anaesthetic drugs can remain in your system for up to 24 hours and can cause you to be less alert than normal. It is important for your safety that for the next 24 hours you follow the advice given in this information sheet.

#### When you get home from the hospital you should

- Rest for the remainder of the day
- You may eat and drink as normal, but avoid heavy or greasy foods.
- Avoid making important decisions or signing documents.
- Do not drink alcohol or drive a car

#### The following day you should:

- Take things easy
- Do not work machinery or take strenuous exercise
- Ensure you rest

#### Additional Information

A sore throat is a common complaint and should normally ease off over the next 24 hours. You may take a throat lozenge to ease the discomfort.

**If you require any further advice please contact our Recovery Advice Line on 0151 600 1056.**