

E05 Inserting an Oesophageal Stent (Endoscopy)

Please note that the time on your appointment letter is the time you need to arrive at the Unit and not the time you will have your procedure.

You may have to wait for several hours from arrival to the start of your procedure, so please be prepared with, e.g. reading material.

You will not have a formal consultation, although we will inform you briefly of any pertinent findings and then return you to your referring doctor or nurse.

Please inform the department beforehand if you need a translator/interpreter.

Please contact the Booking Services Team on **0207 288 3822** or email them on whh-tr.endoscopy@nhs.net for any queries or change of appointment.

If you have a question about your procedure or medications, please contact the hospital switchboard on **0207 272 3070** and ask for **bleep number 2711** from Monday to Friday 8:30 to 17:30 or alternatively contact your Doctor.

The Whittington Health is a teaching Hospital and sometimes a medical/nursing student can be asked to observe or participate in your procedure.

If you have any problems after your procedure please contact the endoscopy unit between 8:30 and 17:30, Monday – Friday, on 0207 288 3811/3812. Outside these times contact your GP or go to your nearest Accident & Emergency department, please remember to take a copy of your endoscopy report.



In partnership with



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What is oesophageal cancer?

Oesophageal cancer is a malignant growth that starts in the wall of your oesophagus (gullet). Over 8,000 people develop oesophageal cancer every year in the United Kingdom.

A cancer in your oesophagus can prevent food from going down, making it difficult for you to swallow or giving the feeling of food sticking (dysphagia) (see figure 1). These symptoms can result in you not being able to eat or drink enough, leading to weight loss.

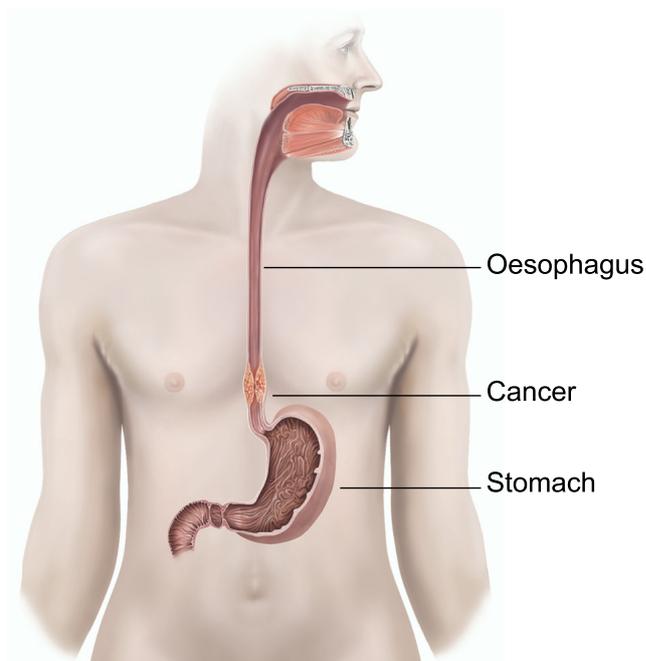


Figure 1
A cancer in the oesophagus

You may get some pain or discomfort behind your breastbone or in your back.

Your doctor has recommended inserting a stent (metal mesh tube) inside your oesophagus where the cancer has made it narrower.

It is your decision to go ahead with the procedure or not. This document will give you information about the benefits and risks to help you to make an informed decision. If you have any questions that this document does not answer, ask your doctor or the healthcare team.

How do I know that this is the best treatment for me?

You should already have had some tests to find out if all the cancer is likely to be removed by an operation.

Your doctor has recommended inserting a stent in your oesophagus to help you to swallow more easily.

Are there any alternatives to an oesophageal stent?

You can decide not to have the treatment but you will continue to have difficulty swallowing.

It is possible to stretch (dilate) your oesophagus where the cancer has caused it to narrow. This is a similar procedure to inserting a stent but makes it easier for you to swallow for only a short time.

Other options include laser treatment, brachytherapy (radiotherapy given from inside your oesophagus) or techniques, such as alcohol therapy and photodynamic therapy, to shrink the cancer within your oesophagus.

These options have similar benefits and risks to inserting a stent and are available only in a few specialist centres.

A stent will usually allow you to swallow more easily for longer.

What does the procedure involve?

Before the procedure

If you are female, the healthcare team may ask you to have a pregnancy test. They need to know if you are pregnant because x-rays are harmful to unborn babies. Sometimes the test does not show an early-stage pregnancy so let the healthcare team know if you could be pregnant.

If you take warfarin, clopidogrel or other blood-thinning medication, let the endoscopist (the person inserting the oesophageal stent) know at least 7 days before the procedure.

Do not eat or drink in the 6 hours before the procedure. This is to make sure that your oesophagus and stomach are empty so that the endoscopist can have a clear view. It will also make the procedure more comfortable.

If you have diabetes, let the healthcare team know as soon as possible. You will need special advice depending on the treatment you receive for your diabetes.

The healthcare team will carry out a number of checks to make sure you have the procedure you came in for. You can help by confirming to the endoscopist and the healthcare team your name and the procedure you are having.

The healthcare team will ask you to sign the consent form once you have read this document and they have answered your questions.

In the endoscopy room

Inserting an oesophageal stent usually takes less than 30 minutes.

If appropriate, the endoscopist may offer you a sedative or painkiller which they can give you through a small needle in your arm or the back of your hand.

Once you have removed any false teeth or plates, they may spray your throat with some local anaesthetic and ask you to swallow it. This can taste unpleasant.

The endoscopist will ask you to lie on your back or left side and will place a plastic mouthpiece in your mouth.

The healthcare team will monitor your oxygen levels and heart rate using a finger or toe clip. If you need oxygen, they will give it to you through a mask or small tube under your nostrils.

If at any time you want the procedure to stop, raise your hand. The endoscopist will end the procedure as soon as it is safe to do so.

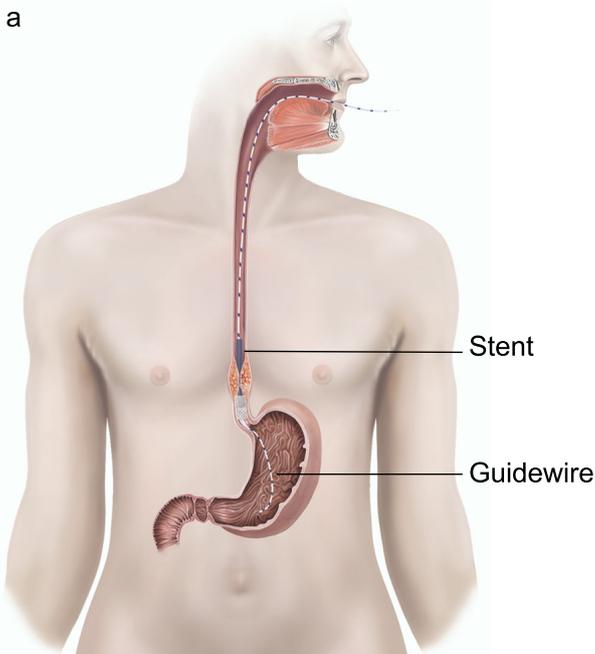
The endoscopist will place a flexible telescope (endoscope) into the back of your throat. They may ask you to swallow when the endoscope is in your throat. This will help the endoscope to pass easily into your oesophagus.

The endoscopist will insert a guidewire (thin flexible wire) down the endoscope and across the narrowing. They will remove the endoscope while the guidewire is kept in place and insert a stent, which has not yet been expanded, over the guidewire.

The endoscopist may need to dilate the narrowing so they can insert the stent in the right position.

When the stent is in the right position the endoscopist will release it. The stent should then expand to hold your oesophagus open (see figure 2).

The endoscopist will often use x-rays to help them insert the stent in the right position.



Any numbers which relate to risk are from studies of people who have had this procedure. Your doctor may be able to tell you if the risk of a complication is higher or lower for you.

Some complications can be serious and can even cause death (risk: 3 in 100).

You should ask your doctor if there is anything you do not understand.

The possible complications of inserting an oesophageal stent are listed below.

- Sore throat. This gets better quickly.
- Pain caused by pressure from the stent (risk: 3 in 10). This usually eases off after a few days. The healthcare team can give you painkillers to control the pain.



Figure 2

a An expanding stent

b A stent holding the oesophagus open

What complications can happen?

The healthcare team will try to reduce the risk of complications.

- Allergic reaction to the equipment, materials or medication. The healthcare team is trained to detect and treat any reactions that might happen. Let the endoscopist know if you have any allergies or if you have reacted to any medication or tests in the past.
- Making a hole in your oesophagus or stomach (risk: 1 in 50). You will need further treatment. If you develop severe chest pain, let your doctor know straightaway.
- Breathing difficulties or heart irregularities, as a result of reacting to the sedative or inhaling secretions such as saliva. To help prevent this from happening, your oxygen levels will be monitored and a suction device will be used to clear any secretions from your mouth.
- Heart attack (where part of the heart muscle dies) or stroke (loss of brain function resulting from an interruption of the blood supply to your brain) can happen if you have serious medical problems. This is rare.
- Infection. It is possible to get an infection from the equipment used, or if bacteria enter your blood. The equipment is disinfected so the risk is low but let the endoscopist know if you have a heart abnormality or a weak immune system. You may need treatment with antibiotics. Let your doctor know if you get a high temperature or feel unwell.
- Damage to teeth or bridgework. The endoscopist will place a plastic mouthpiece in your mouth to help protect your teeth. Let the endoscopist know if you have any loose teeth.

- Bleeding when the stent is inserted, or later if the end of the stent rubs against your stomach wall (risk: 1 in 20).
- Inserting a stent in the wrong position or the stent moving (risk: 1 in 10).
- Blocking of the stent. If food blocks the stent, this usually clears. Having a fizzy drink can help but you may need an endoscopy to clear it. The cancer may grow over the top of the stent, causing it to block (risk: 1 in 10). You may need further treatment.
- Developing acid reflux, where acid from your stomach travels up into your oesophagus, if the lower end of the stent lies in your stomach. You may need treatment with medication.
- Failed procedure, if it is not possible to insert the stent safely. Your doctor may recommend a procedure where a radiologist uses x-rays to help insert the stent in the right position.

How soon will I recover?

In hospital

After the procedure you will be transferred to the recovery area and then to the ward.

If you were given a sedative, you will usually recover in about an hour but this depends on how much sedative you were given. Once your doctors are satisfied that the procedure was a success, you will be given something to drink and then to eat.

Your doctor may want you to have a chest x-ray or keep you in for close observation for a short time to check if a hole has been made. If a hole has been made, you will need further treatment and your doctor will discuss this with you.

You should be able to go home the same day or the day after. However, your doctor may recommend that you stay a little longer.

If you were given a sedative and go home the same day, a responsible adult should take you home in a car or taxi and stay with you for at least 24 hours. Be near a telephone in case of an emergency.

Returning to normal activities

If you were given a sedative, do not drive, operate machinery or do any potentially dangerous activities (this includes cooking) for at least 24 hours and not until you have fully recovered feeling, movement and co-ordination. You should also not sign legal documents or drink alcohol for at least 24 hours.

Once at home, if you get chest or back pain, difficulty breathing, pain in your abdomen, a high temperature, or if you vomit, contact the endoscopy unit. In an emergency, call an ambulance or go immediately to your nearest Emergency department. If you get a sore throat or have other concerns, contact your GP.

You should be able to eat much more easily than before. 8 in 10 people are able to eat solid food and the rest are able to eat soft foods. The healthcare team will give you advice about what you can eat.

Do not drive until you are confident about controlling your vehicle and always check your insurance policy and with your doctor.

Lifestyle changes

If you smoke, stopping smoking will improve your long-term health.

Regular exercise should improve your long-term health. Before you start exercising, ask the healthcare team or your GP for advice.

The future

The stent should help you to swallow more easily but does not treat the cancer itself. You should ask the healthcare team if you will need any further treatment for the cancer.

If your swallowing gets worse again, this may be caused by the stent being blocked with food and can be easily treated. Contact the healthcare team who will arrange for you to be assessed and treated quickly.

Summary

Oesophageal cancer often makes swallowing difficult. Inserting a stent to hold your oesophagus open is usually a safe and effective treatment. However, complications can happen. You need to know about them to help you to make an informed decision about the procedure. Knowing about them will also help to detect and treat any problems early.

Keep this information document. Use it to help you if you need to talk to the healthcare team.

Acknowledgements

Reviewer: Mr Simon Parsons DM FRCS (Gen. Surg.)

Illustrator: Medical Illustration

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