

Notes

Contact details

If you require further information or advice, please feel free to contact the Endoscopy Unit between 8-6pm Monday to Friday on **(01483) 571122** ext **4160** or out of hours, advice can be obtained from your local Accident and Emergency Department or GP.

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm
Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Oesophageal Banding



Endoscopy Department

You will only be given this leaflet if you have been treated with oesophageal bands for the condition oesophageal varices. This leaflet outlines the treatment you have been given and information relating to the condition oesophageal varices.

What are oesophageal varices?

Varices are dilated blood vessels usually in the oesophagus or stomach. The blood vessels become dilated due to a condition called portal hypertension, which causes an increase in pressure due to poor blood flow or blockage in the liver. The varices can be fragile and can in some instances rupture causing large amounts of blood loss.

Why do oesophageal varices occur?

The most common cause of portal hypertension is cirrhosis of the liver. Cirrhosis is scarring which accompanies the healing of liver injury caused by hepatitis, alcohol, or other less common causes of liver damage.

What does treatment/management involve?

It is possible to reduce the risk of bleeding from the varices by destroying them. One way of doing this is by applying rubber bands to the varices. A flexible telescope (gastroscope) is passed down into your gullet or stomach with a special device attached to the tip of the telescope. This device contains several rubber bands that can be used to capture the protruding veins and 'strangle' them, thus reducing the risk of bleeding. It may take more than one treatment to ensure that the varices are adequately destroyed.

What are the risks and are there any alternative procedures?

With any endoscopic procedure there are risks and complications. Risks associated with banding of varices include: bleeding (haemorrhage), puncture of the wall of the oesophagus (perforation), narrowing of the oesophagus (stricture) and infection. This is the only treatment for oesophageal varices that we use.

What happens after my treatment?

You may commence clear fluids four hours post procedure. If the fluids are tolerated then you may commence a soft diet. The following day, if the soft diet was tolerated then a normal diet may be recommenced.

Reference source

- www.patient.co.uk/doctor/oesophageal-varices