Patient instructions following esophageal variceal banding

The day of procedure…
- Do NOT drive the entire day of your procedure. During your upper endoscopy you received sedation and are impaired.
- Do NOT work the entire day of your procedure. During your upper endoscopy you received sedation and are impaired.
- Consume clear liquids (liquids you can see through) for 4 hours after your procedure. Examples of clear liquids:
  - Sprite, 7up, Ginger ale, Pepsi, Coca Cola, Root Beer, Dr. Pepper
  - Apple juice, white cranberry juice, white grape juice
  - Yellow Crystal Light lemonade, Gatorade or jello
  - Clear beef broth and clear chicken broth
  - Plain coffee and tea, with sugar if desired
- After four hours, you may eat soft foods the rest of the day

The day after your procedure…
- You may resume a regular low salt diet

If you experience pain…
- Chest pain that is mild to moderate in intensity after esophageal variceal banding is relatively common. Please call the Center for Digestive Disease nurse desk at 505-925-7888 if you are experiencing moderate or severe chest pain and ask to speak to the physician who performed your procedure.

If you experience bleeding…
- Vomiting blood or passing blood (either maroon or black tarry stool) is not normal after esophageal variceal banding. If this occurs, call the Center for Digestive Disease nurse desk at 505-925-7888, or call 911 or go to the Emergency Room for evaluation.

If you have questions please call the Center for Digestive Disease endoscopy nurse line at 505-925-7888