**About Your Esophageal Stricture and Dilatation**
*(Stretching Your Esophagus)*

**What is esophageal stricture?**
An esophageal stricture (also known as Schatzki ring) is a narrowing of the tissue in the esophagus. This usually occurs in the area just above the stomach.

The stricture is diagnosed through an EGD procedure (esophagogastroduodenoscopy).

**What causes an esophageal stricture?**
GERD (gastro-esophageal-reflux-disease) can cause damage to the lining of the esophagus over time. This may lead to scarring that forms the stricture. Other less common causes of esophageal narrowing are tumors or motility disorders.

**What is the treatment?**
If your esophageal stricture is caused by GERD, your doctor may prescribe medications that will help reduce stomach acids. Making certain lifestyle changes can also decrease the incidence of GERD. Some things that may help include:

- Decrease caffeine and alcohol intake
- Avoid foods high in fat
- Quit smoking
- Avoid large meals and carbonated soft drinks
- Avoid chocolate
- Avoid acidic foods

The most common treatment of esophageal stricture is an esophageal dilatation procedure.

**How is an esophageal dilatation done?**
- The back of your throat will be numbed with medication.
- The nurse will give you medication in your IV to help you relax.
- Your doctor will pass an endoscope (a lighted, flexible tube) through your mouth into the esophagus, stomach and duodenum.
- Your doctor may use a dilating balloon or plastic dilators to stretch the narrow area in your esophagus. You may feel pressure in the back of your throat or chest while this is being done.
What to expect after the dilatation
• You may have a mild sore throat or cough.
• Your voice may be hoarse the rest of the day.
• You may be sleepy from the medicine given during the procedure. Do not drive for up to 24 hours after receiving sedation.
• Do not operate heavy (or possibly harmful) equipment.
• Do not make legally binding decisions.
• Do not drink alcohol for up to 24 hours.

Diet
• You should stay on a full-liquid diet after your procedure (pudding, gelatin, juices).
• Starting the day after your procedure, you can resume your regular diet.

Call your doctor if you have:
• Chest, shoulder or throat pain that does not go away
• Trouble swallowing or breathing
• A fever over 101° F
• Coughing up of blood often
• A change in bowel movements – they turn black or bloody

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.

PE-2312-01 (04/12) ©AHC