

# Care Gram

## Food Bolus Post-procedure Instructions

### What Is a Food Bolus?

A food bolus, or impaction, occurs when food becomes caught in your esophagus (the tube that carries food from the mouth to the stomach). Food may become caught in the esophagus due to narrowing, disease, or not chewing enough. You may need a procedure called an esophagogastroduodenoscopy (EGD). During the EGD, a small scope is inserted in the mouth and down the esophagus to remove the food. You will be given medications to keep you asleep and comfortable. The doctor will meet with you before your procedure to explain the details and answer any questions.

### After Your Procedure

It is necessary to know what to expect after your procedure. The following is normal:

- A sore or scratchy throat
- Drowsiness from the medications that you received

Sometimes severe but rare complications may occur. Please visit the nearest emergency room for immediate evaluation if you experience any of the following:

- Severe or continuous bleeding
- Severe swelling
- Fainting spells
- Difficulty breathing or pain in your chest
- Severe pain that is not relieved by your pain medication
- Persistent vomiting

Call your doctor if you cannot urinate or have a fever greater than 100 degrees Fahrenheit.

To care for yourself at home and to prevent another food bolus, follow these instructions:

- Take small bites of food and chew well
- Follow any advice regarding changes to your diet
- Eat slowly to make sure that you swallow completely between each bite
- Sit up while eating
- Drink liquids frequently while eating
- If you wear dentures, make sure that such are in place and fit well before meals
- Take your home medications as indicated in your discharge instructions
- Follow your doctor's advice about returning to work – contact the doctor's office if you have any questions about when to return to work
- You may resume normal activities as you feel comfortable
- Do not drive, operate machinery, smoke, or drink alcohol for at least 24 hours after sedation or while taking narcotic pain medication



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**Additional tests may be needed to prevent food impaction from reoccurring. It is critical to follow up with your doctor as directed. Please contact Licking Memorial Gastroenterology at (220) 564-2950 if a follow-up visit has been requested.**