Mudgal Gastromedics Hospital
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PRE-VISIT PREP GUIDE
Ref: Esophageal Dilation

Preparation checklist for esophageal dilation. Confirm exact timing with the hospital team before your visit — this is general guidance, not a substitute for your doctor's specific instructions.

1. **A FEW DAYS BEFORE**
   Tell the team about diabetes, high BP, heart or kidney disease, pregnancy, allergies, or any previous anesthesia problems.

2. **A FEW DAYS BEFORE**
   Tell the doctor about aspirin, clopidogrel, warfarin or any other blood thinner you take.

3. **THE EVENING BEFORE**
   Fasting is usually needed for 6–8 hours before the procedure, but confirm the exact timing with the hospital team.

4. **DAY OF YOUR PROCEDURE**
   Bring previous reports, arrive with time to spare, and come with an adult attendant if sedation is planned.

5. **AFTER YOUR PROCEDURE**
   If sedation was given, avoid driving, alcohol or important decisions for the rest of the day — arrange a ride home.

General patient-education guidance, not a personalized medical instruction. Your doctor's specific instructions always take priority. Generated 31 Oct 2026, 5:27 am.