

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.