

Preparation checklist for stricture 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.