

## RECOMMENDATIONS – POST-LIGATION OF ESOPHAGEAL VARICES BY ENDOSCOPY

### CARE

- Drink plenty of liquid for 24 hours; after the procedure, you should have a soft diet (rice, ground protein, puree, custards etc.), you should chew food very well. For 3 days.
- During the first 3 days after the procedure, do not consume red food.
- If you take medications, as much as possible, they should be crushed before taking them.
- After the procedure it is recommended that you remain in relative rest, you must not drive any type of vehicle, nor be a motorcycle passenger.
- Do not exercise, or major physical effort (weight lifting) for the next 3 days.

### PLEASE, CONSIDER

It is normal that during the first 3 days, you may experience pain after the procedure or a feeling of obstruction, which will progressively decrease.

### ALARM SIGNS

- Monitor bleeding (bloody vomiting and/or dark brown, bloody or black depositions).
- Persistent severe pain.
- Difficulty to breath.
- Complete food intolerance.
- Fever (temperature  $\geq 38.5^{\circ}$ ).

If you have any of the above symptoms or another that you notice, make a consultation with the Emergency Department immediately.

**Remember that according to Law 100 of 1993, it is a DUTY of patients, self-care and adherence to the recommendations of their Treating Physician.**

**For more information, please contact telephone  
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