

Pharyngeal Pouch Repair

endoscopic stapling technique

Normal pharyngeal function

The pharynx acts as a passage between the mouth, nose, main airways and gullet (oesophagus). When one swallows food, it passes from the mouth to the pharynx and through to the upper oesophagus. For food to enter the upper oesophagus, a muscle band at the top of the oesophagus (known as a sphincter) must relax as the food approaches.

Reasons for the operation

If the pharynx has a pouch, food can get caught in this pouch causing unpleasant symptoms such as:

1. Regurgitation of food especially on lying flat.
2. Gurgling noises in the throat.
3. Lump in the neck/ throat.
4. Difficulty in swallowing.
5. Weight loss.

Preparing for the operation

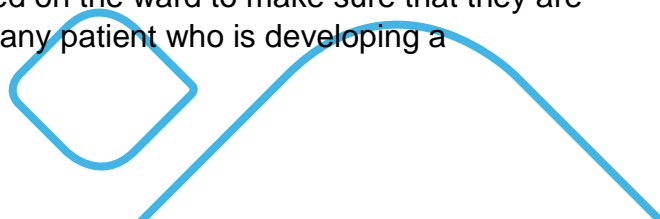
Instructions will be given about coming into hospital when your admission is arranged. It may be necessary to attend before your operation if you take regular medications or if you have any health problems.

The day of the operation

This surgery requires an overnight stay in hospital. On the day of the operation you will meet the doctor who will anaesthetise you during the operation. While you are asleep, a tube with a camera on the end (an endoscope) will be passed into your mouth to examine the pouch. The stapling gun will then cut and staple the pouch wall with adjacent normal tissue so that food cannot get caught. This operation also involves cutting muscle band (sphincter) at the top of the oesophagus reducing the chance that this problem re-occurs.

Post-operative care

After the operation all patients are carefully monitored on the ward to make sure that they are recovering from the anaesthetic and also to identify any patient who is developing a



complication of surgery, such as a leak in their oesophagus. You may start to drink fluids on the day of the operation and gradually build up to a normal diet.

Complications

1. Bleeding (which may need to be stopped by a further operation)
2. A hole developing in the oesophagus allowing fluid, food and air to enter the chest and a return of the initial swallowing problem.

Follow up in clinic

One of the doctors within the ENT Department will review you in clinic in 4 to 6 weeks after you are discharged from the ward. If you are well and have tolerated the operation, you will be discharged from our clinic under the care of your local General Practitioner.

Contact us – Ear, Nose & Throat Department (C37)

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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