

My Planned Care Patient Information Platform

General surgery – Oesophago-gastric team - Waiting well

Introduction

The **Oesophago-gastric** team are a specialist team based at the Bristol Royal Infirmary. We provide care for common general surgical conditions such as groin hernias, as well as specialist upper GI and oesophago-gastric conditions. This includes surgery for gallstones, gastro-oesophageal reflux disease and diaphragmatic hernias. We also provide specialist services for patients with oesophageal and gastric cancer.

Guidance for Patients

Whilst you are waiting for your appointment or treatment, you can access information online that we have produced about most of the conditions we treat. The address for our website is:

<http://www.uhbristol.nhs.uk/ogteam>

You will find explanations about each condition, as well as an outline of tests and treatment, alongside links to other websites you may find useful. The website also provides information about the team members and how we work together.

Lifestyle changes

While awaiting an appointment to be seen or have surgery, you can make lifestyle changes that can help with your symptoms, and also improve the chances of a successful outcome after surgery. These include stopping smoking, limiting alcohol intake and losing weight. You can find more information on the NHS Live Well website:

<http://www.nhs.uk/live-well>

What should I do if my health is deteriorating?

GP surgeries are still open

Please contact your GP surgery for advice if you feel your condition is deteriorating.

GP surgeries are still open but may be working differently to how they did before the COVID-19 pandemic. GP practices are utilising telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

GP surgeries can contact the Rheumatology department for advice if needed.

Urgent Health Advice

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The contents of this information has been reviewed and approved by the Surgery Division Executive Group of University Hospitals Bristol and Weston NHS FT.

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For urgent health advice about physical or mental health, when it's not an emergency, please call 111 from any landline or mobile phone. You can also visit www.nhs.uk. The NHS 111 service is available 24 hours a day, seven days a week.

Life Threatening Emergencies

For something life threatening – severe bleeding, breathing difficulties or chest pains – please dial 999.