

Upper Gastrointestinal Surgery - Antireflux Surgery

Introduction

The Covid pandemic has had a significant impact on the NHS ability to provide routine elective services. We recognise that patients are waiting longer than we would all like and it is not always possible to identify when treatment will take place. This document provides you with information on how you can support yourself while waiting to attend the hospital.

Guidance for Patients

Antireflux surgery (also known as fundoplication) is the standard surgical method of treating gastro-oesophageal reflux disease. Reflux disease is the result of acid refluxing from the stomach back up into the oesophagus.

What is a Laparoscopic Nissen Fundoplication?

The word "Laparoscopic" is the medical term for keyhole surgery. A Nissen Fundoplication is an operation to stop reflux (moving up) of stomach acid into the oesophagus (gullet). This condition occurs when the small ring of muscle at the lower end of the oesophagus does not function properly and allows acid to reflux back up from the stomach. What does the surgery involve? Four or five little "puncture" wounds are made in your abdomen (tummy) and then tiny tubeshaped instruments are passed into these incisions. The first tube (known as a Laparoscope) is connected to a high intensity light and a video camera so that the surgeon can see what is happening inside you. The surgeon then uses several more tiny tubes with miniature instruments to carry out the procedure. To provide space for the surgery to be performed, your tummy is filled with carbon dioxide (a harmless gas). The top part of the stomach is then wrapped around the lower part of the gullet. This tightens the closing mechanism (sphincter) at the lower end of the gullet. This creates a one-way valve preventing stomach acid from refluxing back into the gullet. The operation usually takes between 1 and 1½ hours. It is important to note that in a small number of cases the operation cannot be completed by keyhole surgery. In these cases the surgeon will need to proceed to an "open" operation.

This will require a 6-10 inch incision in your abdomen and will result in a hospital stay of several days.

Prior to admission you will need to have a pre-operative assessment. This is an assessment of your health to make sure you are fully prepared for your admission, treatment and discharge. If you prefer we may be able to do this over the telephone, but you may need to come to the hospital if we need further tests.

The pre-operative assessment nurses will help you with any worries or concerns that you have and will give you advice on any preparation needed for your surgery. 3 Before the date of your admission, please read very closely the instructions given to you.

You must stop eating food and milk products at least six hours before your operation, and stop drinking fluids four hours before. If your stomach is not empty, there is a risk that you could vomit during the anaesthetic and inhale (breathe in to your lungs) the contents of your stomach. Small quantities of water can be drunk until two hours before your surgery. You should bath or shower before coming to hospital.

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If you have been prescribed any medicine to reduce acid in your stomach, it is important that you still take it on the morning of your surgery. The preassessment nurse will give you advice about your medicines prior to admission.

What should I do if my health is deteriorating?

Urgent Health Advice

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.

GP surgeries are still open

GP practice staff are also helping patients to manage their conditions at home while they wait for hospital appointments.

GP surgeries are still open and are working differently to how they did before the COVID-19 pandemic and GP practices continue to make best use of telephone, online and video consultations. Face-to-face appointments are still being given to those who need it.

When you phone or use an online form to contact your GP surgery to make an appointment, you will be asked some questions which are designed to help staff guide you to the most appropriate clinical person to help you with your condition. This could be a nurse, clinical pharmacist, physician's associate, GP or paramedic.

Contact Us

In some areas, we are experiencing a significant backlog following our response to the Covid-19 pandemic. We are doing everything we can to reduce this backlog including putting on extra clinics and theatre lists and opening additional sites to offer these services. We have also increased the ways we can offer appointments including offering more video and telephone appointments (as well as face to face appointments where appropriate).

Please can we request that you **do not contact your GP practice about waiting times**, as they do not have access to this information.

If you have any concerns or questions please use the contact details on your hospital letter, or if you do not have a letter with these contact details please contact our [Patient Advice & Liaison teams](#).

Keep Moving

Reducing your weight and getting active are two of the most powerful things you can do for your body and for your mind. Extra weight places additional strain on your lungs and heart, making it harder for the body to cope with surgery and respond to diseases, including COVID-19

Eating a healthy diet will help you get fit and recover quicker after surgery. Being a healthy weight also reduces your risk of blood clots and wound infections afterwards.

[Visit our weight management page for details of local support available.](#)

Improve Your Health

The COVID-19 pandemic has affected everyone which has caused a lot of people to think more seriously about their health. If you have decided this is the right time for you to make changes check out

www.nhs.uk/live-well and www.nhs.uk/oneyou/

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They can also provide some inspiration for you and your family. The Trust has access to many resources which may help you in making healthier choices, these can be accessed [here](#).

Good Mental Health

Mental health issues will affect 1 in 4 people at some point in their life. Although FHFT does not itself provide urgent mental health specialist services, we are keen that you can access help and support when you need it. Please visit [FHFT website](#) where you can access links to Mental Health support in the local area.

Ongoing health conditions

About 15 million people in England have an ongoing health condition.

Long-term conditions or chronic diseases are conditions for which there is currently no cure, and which are managed with drugs and other treatment, for example: diabetes, chronic obstructive pulmonary disease, arthritis and hypertension (high blood pressure).

If you are living with one of these ongoing health conditions, there are many ways in which you can [look after yourself](#).