Esophageal Foreign Body

The esophagus is the tube that goes from your mouth to your stomach. Pieces of meat, bread, or objects that are swallowed by accident can become caught in the esophagus.

If you were given sedatives or other medications to help you relax, you should not drive, operate machinery, or make important decisions for the next 24 hours. You will also need to have a responsible person drive you home.

For the next few days, stick to a liquid or soft diet. Chew your food well before you try to swallow it. Medication is sometimes used to try and relax the muscles around the esophagus, thus helping the object pass into the stomach. If your caregiver has prescribed medication, take it exactly as directed.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop shortness of breath, or any other breathing difficulties.
- You begin drooling or have any difficulty swallowing.
- You begin to experience chest pain.
- You are having problems with nausea or vomiting.
- Your symptoms are getting worse rather than better.

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