

Balloon cryoablation for Barrett's oesophagus

Information for the public

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This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

About this procedure

The oesophagus (food pipe) is a muscular tube that connects the mouth to the stomach. With Barrett's oesophagus, the cells lining the lower part of the oesophagus become more like the cells lining the intestines. The changed cells can become cancerous.

This procedure involves putting a balloon into the oesophagus through a flexible tube with a camera on the end. The balloon is inflated using very cold gas. The cold gas freezes the abnormal cells and destroys them (cryoablation). The aim is to remove the affected tissue and lower the chance of cancer developing.

Is this procedure right for me?

You should be included in making decisions about your care. See [our webpage on shared decision making](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

Information and support

The [NHS webpage on causes of oesophageal cancer](#) may be a good place to find out more.

- [NICE's information on interventional procedures guidance](#) explains what an interventional procedure is and how we assess it.
- [NICE's information on recommendations](#) explains the types of recommendation we make.

These organisations can give you advice and support:

- [OPA Cancer Charity](#), 0121 704 9860
- [Heartburn Cancer UK](#), 01256 338 668

You can also get support from your local [Healthwatch](#).

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