

Cola saves my life: the successful treatment of oesophageal food bolus impaction with cola ingestion

ABSTRACT

Oesophageal food bolus impaction, a serious emergency, requires immediate intervention to prevent complications, such as perforation or aspiration leading to respiratory distress. Severity varies based on factors such as the size of the ingested object, obstruction site, individual health, and the promptness of medical attention. In this report, we present the case of a middle-aged gentleman who presented to the emergency department with oesophageal food obstruction caused by a piece of lamb meat. Despite the initial unsuccessful attempts with first aid treatment, the patient experienced immediate relief of obstruction upon ingesting cola. This case highlights the potential use of cola in managing selected cases of oesophageal food impaction, offering a non-invasive alternative to oesophago-duodenoscopy. While cola emerged as a promising intervention in this case, its broader applicability and safety warrant further investigation through controlled trials. Establishing judicious cola use guidelines alongside traditional interventions can enhance patient care and safety.