

Stretta Preparation and Post Procedure Instructions

Preparation for Stretta Procedure

- The night before the procedure you may eat until midnight.
- The morning of the procedure you may have 8 ounces of clear liquids only, up to 3 hours before your procedure, including: apple, cranberry, or white grape juice, water, black coffee/tea or jello. If you are having an Electrogastrogram (EGG) the same day you may eat and drink per the EGG instructions.
- You may take your normal medications in the morning 2 hours before your procedure, except any diuretics, insulin or other diabetic medications. Bring these medications with you to be taken after the procedure.
- Stop any blood thinners (Coumadin/Warfarin/Xarelto/Plavix/high doses of aspirin) prior to the procedure for 2 weeks. Please speak to one of our Nurses for specific instructions prior to the 2 weeks pre-Stretta time frame. If you have any medically related questions please call the nurses at 410 494-1846 Extension 121.
- You must arrive at the time noted below. Please be prompt.
- It is essential that you have a person to accompany you, as you will be sedated during the procedure and require a ride home. The procedure cannot begin until this person is present.
- You **MUST** remove any nail polish, gel, or acrylic from one fingernail on right hand.

During and Immediately After the Procedure

- The procedure will last approximately 40 minutes, during which you will be sedated.
- You also will be given a medication that will dry up your secretions during the procedure. You may want to increase your oral fluids after the procedure.
- You will remain in the recovery area approximately 30 minutes after the procedure has been completed.
- After the procedure, once you have recovered and awakened, you will be allowed to dress.
- After you have recovered significantly, you will be able to take any of your medications and fluids.
- You will be given a follow up office visit for 2-3 weeks after your Stretta. If you live a long distance away and cannot return to the office, Dr. Noar will call you for a phone consult.

Date of Procedure _____

Time of Arrival _____

Post-Procedure Instructions

You may resume your normal diet immediately after the procedure. The only foods that you may not eat are chips, pretzels or nuts, or large pieces of meat for 4-5 days after the procedure. Please chew thoroughly before swallowing any other foods as your esophagus is swollen.

You must continue all of your usual medications, including antacids and anti-acid medications. If you are not currently taking any medication to control acid or reflux, such as Prilosec, Prevacid, Aciphex, Protonix, Zantac, Nexium or Tagamet, you must notify your physician, as you will need to take and be maintained on one of these medications for at least 28 days. You may attempt to decrease or stop these medications only 28 days after your procedure.

You will be prescribed Carafate to take for 2 weeks after the Stretta to heal.

During the first week after the procedure, approximately 3-5% of patients may experience some chest discomfort. The discomfort has been described as a pressure, an ache, and even a sharp pain. It may be felt in the lower area behind the breastbone, along the margin of the lower ribs or into the back. Occasionally, the pain may be associated with deep breathing.

Other symptoms that have been reported include: nausea, belching, bloating, or gas. This is known as dyspepsia and occurs in 5-8% of patients. It may last for 1-14 days. If you experience pain, it will last only 1-5 days. If you find it necessary to take medication to control the pain, it is recommended that you first take two extra-strength Tylenol. If this does not help, you may take three Advil. If you require additional pain control you may take stronger prescription medications provided by your physician. You will be given a follow up office visit for 2-3 weeks after your Stretta. If you live a long distance away and cannot return to the office, Dr. Noar will call you for a phone consult.

If you experience any other symptoms, such as fever, chills, persistent nausea, vomiting, bleeding or severe pain, you must contact your physician immediately. All medical related issues, questions and concerns should be called in to the Nurses at 410 494-1846 Extension 121.