

## *Information for You from Your Health Care Team*

### **Upper Endoscopy for Barrx Ablation Therapy of Barrett's Esophagus**

#### **What is Ablation Therapy?**

Ablation therapy includes a regular endoscopy, followed by a small balloon inserted into your esophagus. Once the balloon is properly placed, ablative energy is delivered into the esophageal lining. The Barrett's tissue is removed and healthy tissue is formed as a part of the natural healing process.

**Your Barrx ablation will be performed by:** \_\_\_\_\_

**Date and time of Procedure:** \_\_\_\_\_ **Arrive at:** \_\_\_\_\_

**Sign in at Patient Registration on the first floor of University Hospital, 750 E. Adams St.**

#### **How do I prepare for the procedure?**

- You should not eat anything after midnight prior to your procedure.
- May have clear liquids until 2 hours prior to arrival. Date/Time: \_\_\_\_\_
- You must arrange for someone to accompany you home after the procedure as you will not be allowed to drive or leave alone.
- Please inform your physician **IMMEDIATELY** if you are taking any blood thinners such as Coumadin, Plavix, or Aggrenox as these agents must be stopped prior to the procedure.
- Diabetics: Do not take oral diabetic medications the evening before or morning of procedures. Take 1/2 usual insulin dose the evening prior to test and none the morning of procedure.
- Please leave any valuables at home.

#### **What happens during the procedure?**

- You will need to:
- Sign an informed consent for the procedure.
- Remove your glasses or contact lenses
- Remove dentures or plates
- Provide any information concerning allergies, medications, and medical history. Your blood pressure and pulse will be monitored before, during, and after the procedure.
- The RN will start an IV for administering medications as needed to relax you. You will not be put to sleep, but will feel relaxed and as comfortable as possible.
- During the procedure, the room is darkened with you lying on your left side.

#### **What happens after the procedure?**

- After the procedure, you will be encouraged to rest until you feel well enough to leave. This is usually 30 to 60 minutes following the exam.
- You should plan on resting for the entire day.
- You may experience significant discomfort for several days after the procedure. This is usually controlled with standard pain medication and gradually improves over a few days.
- You will be given prescriptions for pain and nausea and should have them filled prior to the procedure.

- You should only have clear liquids the day of the procedure as well as the following day, then advance to full liquids, then gradually increase your diet as tolerated.
- no “crunchies” for 6-8 weeks, which includes raw vegetables and fruits, nuts, and chips.
- Your primary care physician will be sent the results of your procedure.

### **What are the risks of the procedure?**

- Allergic reaction or nausea to the medications used.
- There is some risk of injury to the throat, esophagus, stomach, or intestine.

### **When should I call my Gastroenterologist?**

Call your provider immediately if:

- You have pain that is not alleviated by medication prescribed.
- You continue to have nausea and vomiting not alleviated by medication prescribed.
- You develop a fever.

Call your provider during office hours if:

- You have questions about the procedure or its results.
- You want to make another appointment.

**If you have any questions or need to cancel or change your appointment, please call University Gastroenterology at (315) 464-1600.**