**BarrX**

**What is it?**

BarrX is a procedure performed for the treatment of Barrett’s Esophagus. The procedure is performed with an upper endoscopy. This procedure is typically performed with medication to ensure you are drowsy and comfortable during the procedure. Most patients do not recall the procedure even being performed.

BarrX uses radiofrequency energy to destroy abnormal tissue in the esophagus. The procedure might have to be repeated several times to eliminate all the abnormal tissue. You should be monitored with regularly scheduled upper endoscopy to follow your BarrX treatment.

**What causes Barret’s esophagus?**

Barrett’s esophagus is a condition caused by long standing gastroesophageal reflux disease (GERD). The constant acidic exposure causes the cells that line the esophagus to change and resemble cell more like that in the stomach. Barrett’s Esophagus is a significant precursor to Esophageal Cancer and if left untreated can lead to cancer. BarrX can stop Barrett’s esophagus.

**How do I prepare for a BarrX?**

You will not be able to eat or drink for 6-8 hours prior to your procedure. You should tell your doctor if you are allergic to any medications or anesthetics, which medications you are taking, if you are on any blood thinners like Coumadin or Plavix, if you have bleeding problems, if you have heart or lung problems, or treatment of the esophagus, stomach or upper intestinal track with radiation. You should also let your doctor know if you are or think you are pregnant.

**How is BarrX performed?**

The BarrX procedure is performed with an upper endoscopy. After sedation is given, a flexible scope is passed through your mouth into your esophagus. The scope is removed and a BarrX device is passed into your esophagus. The BarrX device uses radiofrequency energy to destroy the abnormal tissue in the esophagus. This may need to be performed several times over several months to eliminate all the abnormal tissue. Following your BarrX treatments, you should undergo screening upper endoscopy every couple of months to ensure the complete treatment of the Barrett’s Esophagus.

**What happens after my BarrX Therapy?**

You will stay in a recovery room for about 30 minutes for observation. You may feel some cramping or a sensation of having gas, but this usually passes quickly. You will need to have a responsible adult drive you home, as it is unsafe to drive or operate
machinery for about 8 hours after the procedure (due to the sedative medication given). You can resume your normal diet.

**What are the Risks?**

The risks are very low for BarrX. There is a risk of perforation or a hole in your esophagus, stomach, or small bowel. There is a low risk of bleeding. BarrX is a safe procedure performed frequently at The Ohio State University Medical Center.

This information is not intended to replace a visit with your physician. To make an appointment with one of our surgeons, please call 614-293-3230.