EsophyX

What is it?

EsophyX is a treatment for Gastro-esophageal reflux disease (GERD). The procedure uses the EsophyX device while receiving an upper endoscopy. The procedure is performed with general anesthesia typically in the operating room. The procedure is an incisionless procedure to restore the valve mechanism in the lower esophagus. This valve prevents the gastric contents from refluxing into the esophagus.

Why is the procedure performed?

The EsophyX procedure is one alternative treatment for GERD. It is classified as a transoral incisionless fundoplication for the treatment of GERD. When considering the EsophyX procedure you should discuss with your doctor other options for the treatment of GERD to include surgical options.

How do I prepare for a EsophyX procedure?

You will not be able to eat or drink for starting the night 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.

What happens after my EsophyX?

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 spend the night in the hospital following your procedure. You will be restricted to a liquid diet for 24 hours following the procedure. You will be advised to maintain a soft diet for an additional week. You may experience a small amount of discomfort for 3-5 days following the procedure. Most patients still require GERD medication for about 8 weeks following the procedure.

What are the Risks?

The risks are very low for EsophyX. There is a risk of perforation or a hole in you esophagus, stomach, or small bowel. There is a low risk of bleeding. EsophyX 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.