**Mederi - Stretta**

**What is it?**

Stretta is a therapy to treat gastro-esophageal reflux disease (GERD). The Stretta device is performed with upper endoscopy in an outpatient setting. The device is placed into the esophagus just above the stomach. The Stretta device delivers radio frequency energy to the lower esophagus. The treatment helps to reduce the amount of reflux into the esophagus.

**Why is the procedure performed?**

The Stretta procedure is a non-surgical alternative treatment for GERD. It is classified as a transoral treatment for GERD. When considering the Stretta procedure you should discuss with your doctor other options for the treatment of GERD including surgical options.

**How do I prepare for a Stretta procedure?**

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 tract with radiation. You should also let your doctor know if you are or think you are pregnant.

**How is the procedure performed?**

You will be taken into an endoscopy suite where a time out will be performed to ensure the correct procedure is being performed on the correct patient. After this is completed, you will be given medicine which will induce “conscious sedation”. With this done, an endoscope will be placed into your esophagus through the mouth. This will be used to take measurements so the Stretta device can be deployed accurately. Once this is done, the Stretta device will be inserted and activated. Once it is removed, you will be taken to the recovery room.

**What happens after my Stretta?**

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 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 Stretta. There is a risk of perforation or a hole in your esophagus, stomach, or small bowel. There is a low risk of bleeding. Stretta 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.