

# Patient Guidelines

## Stretta

Our goal is to do everything we can to make your Stretta preparation, procedure and recovery as comfortable as possible. In addition, we are available to provide follow through on your outpatient hospital experience and your return home.

### **Anticipated Discharge Plan**

It is common to return home on the same day following a Stretta procedure. Your surgeon will assist in making this decision based on your unique clinical needs.

### **Activity**

Resume normal activities as tolerated the day following Stretta.

### **Pain Control**

Pain control is a priority for you and your doctors. While you should expect to have some pain after your Stretta procedure, in most cases this can be managed with over-the-counter medications such as acetaminophen (Tylenol). For severe discomfort, a short-term narcotic-based medication may be prescribed. All medications should be crushed and mixed into a carrier (a semi-solid or liquid) to avoid irritation of the treated area for at least one month following the Stretta procedure. Some medications may be available in a liquid form. Your pharmacist will be able to assist you with questions.

### **Nutrition/Hydration**

It is common to feel thirsty following any surgical procedure. Typically ice chips are provided immediately post operatively to begin slowly adding fluids back into your gastrointestinal system to avoid nausea. Let them dissolve completely before swallowing. Ice cold fluids and ice-based foods can cause an esophageal spasm during the post-operative period and should be avoided. Cool fluids are generally tolerated well. It is important to make sure you are drinking at least 64 ounces each day. Your diet will advance from full liquids to soft textures to solids over the course of several weeks.

# Clinical Guidelines

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### **If you have trouble or pain with swallowing**

- Take small bites of food that easily pass down your throat and into your stomach.
- Drink a few sips of water before taking your first bite of food and between bites as necessary.
- Chew your food well before swallowing and eat slowly.
- Moisten dry foods with sauces or gravies.

### **Please do not hesitate to contact us if any of the following occur**

- Fever of 101 degrees or greater
- Inability to swallow
- Persistent nausea and vomiting with a decrease in urination
- Chest pain
- Shortness of breath
- Increasing abdominal discomfort

***If you develop sudden chest pain, rapid onset of difficulty breathing or coughing up blood, call 911. Do not drive yourself!***

Do not expect your reflux symptoms to improve immediately. The effects of Stretta improve slowly over time. Most patients start to see improvement in 2-4 months, but in some cases, it may take as long as 8-12 months.

# Clinical Guidelines

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Following up with your surgeon is important to help prevent complications and to review any concerns or questions you may have.

### POST-OPERATIVE APPOINTMENTS

- **1 week** - clinic follow up \_\_\_\_\_
- **3 months** - clinic follow up \_\_\_\_\_
- **1 year** for EGD with pH studies

*Your specialist will begin to wean you off your anti-reflux medication no sooner than 2 months after Stretta. This will be individually assessed as you progress in the healing process.*

### Communication with the Reflux Team

All surgical procedures have the potential to create alterations in normal healing and recovery. Expect to feel tired for the remainder of the day following Stretta. You may feel some temporary bloating, increased belching, and gas.

**For questions or concerns** Monday - Friday 8:00 a.m. - 4:00 p.m., please call the Minnesota Reflux & Heartburn Center (MRHC) office at 218-429-3930 or 218-927-6904.

**After hours and on weekends** there is always an on-call surgeon from the MRHC office available. Contact the emergency on-call surgeon by calling 218-927-2121 and request to speak to the hospital charge nurse.

# Nutrition Guidelines

## Stretta

### Step 1: Clear and full liquids (24 hours) \_\_\_\_\_

#### Soups/Sauces

- Any bouillon, broth, strained cream soups, smooth (non-acidic) vegetable and fruit juices
- Smoothies
- Commercial nutritional drinks

### Step 2: Soft diet (day 1 - 14) \_\_\_\_\_

#### Milk-based

- Cottage cheese
- Yogurt
- Soft cheeses

#### Bread/Pasta/Cereal/Crackers

- untoasted breads, muffins
- Cooked cereals: malt-o-meal, cream of wheat, oatmeal
- Moist smooth potatoes; mashed, creamed, or scalloped
- Refined rice or pasta with sauce, butter, or gravy

#### Vegetables

- Cooked/tender vegetables
- Vegetable based sauces
- Hot dishes/casseroles

#### Fruits

- Soft fruits without skins or seeds - can mash or puree
- Canned fruits
- Applesauce

#### Meat/Meat Substitutes

- Eggs
- Soft beans

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### Step 3: Regular solids (day 15)

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#### Milk-based

- Hard cheeses
- Yogurt with fruit/nuts/coconut

#### Bread/Pasta/Cereal/Crackers

- Pretzels, chips
- Granola
- High fiber cereals
- Whole grain rice or pasta
- Potato skins, fried potatoes
- Thin crust pizza

#### Vegetables

- Fresh vegetables
- Salads
- Whole corn, peas
- Broccoli, cauliflower
- Brussel sprouts
- Green pepper, onion

#### Fruits

- Fresh fruits
- Dried fruits

#### Meat/Meat Substitutes

- Breaded fish
- All meat textures

"Doughy" breads such as deep-dish pizza crust and bagels can be more difficult to swallow during the healing period. Thick, sticky condiments of peanut butter-like consistency may also be challenging during this time.