

Stretta Procedure Patient Instructions

Preparation for Stretta Procedure

- The night before the procedure you may eat until midnight.
- The morning of the procedure you may have limited amounts of clear liquids only, including: apple, cranberry, or white grape juice, water, black coffee/tea or jello.
- You may take your normal medications in the morning, except any diuretics, insulin or other diabetic medications. Bring these medications with you to be taken after the procedure.
- Stop any blood thinner medications, 3-5 days prior to the procedure.
- You must arrive at the time noted below. Please be prompt.
- It is essential that you have a person to accompany you, as you will be sedated during the procedure and require a ride home. The procedure cannot begin until this person is present.
- It is suggested that you wear loose fitting clothing.

During the Procedure

The procedure will last approximately 60 minutes, during which you will be sedated. After the procedure, once you have recovered and awakened, you will be allowed to dress.

After you have recovered significantly, you will be able to take any of your medications and fluids.

Post-Procedure Instructions

You may resume your normal diet immediately after the procedure. The only foods that you may not eat are chips, pretzels or nuts, for 4-5 days after the procedure.

You must continue all of your usual medications, including antacids and anti-acid medications. If you are not currently taking any medication to control acid or reflux, such as Prilosec, Prevacid, Aciphex, Protonix, Zantac, Nexium or Tagamet, you must notify your physician, as you will need to take and be maintained on one of these medications for at least 28 days. You may attempt to decrease or stop these medications only 28 days after your procedure.

During the first week after the procedure, approximately 50% of patients may experience some chest discomfort. The discomfort has been described as a pressure, an ache, and even a sharp pain. It may be felt in the lower area behind

the breastbone, along the margin of the lower ribs or into the back. Occasionally, the pain may be associated with deep breathing.

Other symptoms that have been reported include: belching, bloating, or gas. If you experience pain, it will last only 1-5 days. If you find it necessary to take medication to control the pain, it is recommended that you first take two extra-strength Tylenol. If this does not help, you may take three Advil. If you require additional pain control you may take stronger prescription medications provided by your physician.

If you experience any other symptoms, such as fever, chills, nausea, vomiting, bleeding or severe pain, you must contact your physician immediately.

Date of Procedure _____

Time of Arrival _____

Time of Procedure _____

Follow-up
Appointment _____