

General guidelines for your Submucosal Tunnel Endoscopic Resection
(STER)

Why it's performed:

STER is an improved and an effective technique for treating esophageal submucosal tumors (SMTs). SMTs are primarily benign tumors, but some may have a malignant potential. The gastroenterologist uses an endoscope to perform this procedure. An endoscope is a flexible, tube like instrument the gastroenterologist use to see inside the body with a high degree of detail.

This design makes it possible for many patients to avoid a more invasive surgical procedure. The result may be a shorter treatment time and faster recover.

Our doctors perform STER to treat the following:

- Tumors of the esophagus, stomach or colon.

Prior to procedure:

- The hospital will call you a few days before your procedure to tell you what time to arrive. If you need information prior to receiving this call you can call the endoscopy schedulers at **732-253-3210** or the hospital endoscopy nursing line at **732-828-3000 x 5453**.
- Arrival times are given to admit you to the unit and prepare you for your procedure. Is it important that you arrive at your given time. ***Please Note: Unlike surgery centers this unit treats both inpatients and outpatients and emergencies may arise that may cause delays in scheduled procedure. Please be patient and know that we will provide you with the best care when you go into your procedure. Due to the unpredictable nature of procedure units, please be prepared to spend the day here.***
- Some procedures or recoveries require a hospitalization that we may not always be able to predict be prepared to stay in the hospital if necessary.
- Do not bring any valuables or wear any jewelry the day of your procedure as we do not have space for you to secure belongings.
- Because you will be sedated for the procedure you will need to bring someone with you to take you home. You cannot drive or take public transportation alone for 24 hours after the procedure. We have limited space in the waiting area and we only can allow one visitor to wait during your procedure.
- If you need to send proof of your COVID vaccine please email it to VaccineStatus@rwjbh.org

Medications

- If you are taking medications for high blood pressure, seizures, or if you are taking prednisone, you may take these medications the morning of the procedure or at least 2 hours before the procedure with a small sip of water.
- If you are diabetic:
 - If you take a “sugar” pill, **do not** take it on the day of your procedure.
 - If you are taking regular insulin (R), **do not** take it on the day of your procedure.
 - If you are taking any other insulin preparation, please contact your prescribing physician for instructions.
- If you are taking Coumadin, Plavix, or other blood thinners contact your prescribing physician for instructions on when to stop taking this medication.
- If you are taking aspirin daily continue to take this medication.
- Tell your doctor if you have allergies

Prep/Diet

For an upper GI tract procedure, do not eat or drink for 8 hours before the procedure to clear your esophagus of food products.

For a lower GI tract procedure: *Golytely Prep* (Unless instructed by your physician to follow a different prep)

Supplies Needed

- Fill your prescription for Golytely in advance

5 Days Prior to Your Procedure

- Read all prep instructions
- Contact your prescribing physician for instructions on blood thinners
- Stop herbal, oil-based vitamins and iron supplements
- Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, Benefiber, and Konsyl
- Discontinue all medications that stop diarrhea such as immodium, kaopectate, and pepto bismol.
- Do not take vitamin E, Multivitamin, or iron tablets unless otherwise instructed
- Avoid salads or high fiber foods including nuts, seeds and popcorn
- Avoid hard fruits and vegetables

Day Before the Procedure

- **DO NOT** eat any solid food.
- Drink **clear liquids only** for breakfast, lunch, and dinner.

- Water (plain, carbonated, or flavored)
- Fruit juices without pulp, such as apple or white grape juice
- Fruit flavored beverages, such as fruit punch or lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Gelatin (not red)
- Tea or coffee without milk or cream
- Sports drinks (no red)
- Clear, **fat-free** broth (bouillon or consommé)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without milk, bits of fruit, seeds or nuts
- Drink at least 8 ounces of clear liquid every hour while awake.
- Do not add any sugar or additive to the Golytely container
- Fill the container with slightly warm drinking water to the top of the line on the container. Close the cap and shake gently till the powder dissolves completely and the solution becomes clear and colorless. The solution will taste better if chilled, we recommend placing the container in the refrigerator for a few hours before you drink it.

If your arrival time is before 12 Noon

- At **4pm** drink 8 ounces of the solution every 10-15minutes until finished. ***YOU NEED TO FINISH IT BY 8PM.***
 - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*
- Drink as much water as possible throughout the evening until bedtime.
- **DO NOT** eat or drink anything after midnight.

If your arrival time is after 12 Noon

- At **6am** drink 8 ounces of the solution every 10-15minutes until finished. ***YOU NEED TO FINISH IT BY 8AM.***
 - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*
- Drink as much water as possible throughout the evening until bedtime.
- **DO NOT** eat or drink anything after midnight.

*******Finish Drinking 4 hours prior to your arrival time*******

Day of Procedure

- **No Solid Food**

- **No** Alcohol
- **Do Not** drink anything unless you are still completing the Golytely.
- **No** gum or breath mints
- **You May** take your morning heart, blood pressure, asthma, seizure medication, and aspirin with a small sip of water.
- **PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME.**

PLEASE NOTE: You must take all of the Prep solution as directed to clean your bowel adequately. Even if you are passing clear liquid you must continue to take the entire dose of the prep.

Day of procedure:

Your procedure will be done at Robert Wood Johnson University Hospital in the endoscopy suite on the second floor above Walgreens. The address is:

1 Robert Wood Johnson Place
New Brunswick, NJ 08901

Arrive 1 ½ hours prior to your scheduled procedure time. When you arrive you will register and give your medical history. You will need a responsible adult with you who will accompany you home. Bring with you a photo ID, insurance card, a list of medications that you take, and a copy of your COVID vaccine card or a negative PCR COVID test result.

PARKING

- Park in the hospital parking lot located on Little Albany Street and take the elevator to the 1st floor. Bring your parking ticket with you when you enter the hospital. You can stop at the information desk on the 1st floor and have your parking validated for a flat rate of \$6.00. Turn left as you exit the elevator on the 1st floor and take the North building elevators located in the main lobby to the 2nd floor. When you get out of the elevators make a right and another quick right. At the end of that hallway make a left, pass the Cardiac Cath lab and a set of elevators on your right. You will then see the Endoscopy department on your left-hand side above Walgreens and Starbucks.

During STER:

- We will start an IV in your vein to administer fluids and anesthesia and other needed medications.
- Your doctor will pass the endoscope through your mouth or rectum and the images will be observed on a screen.

- An initial incision will be made in the internal lining of the GI tract. This permits exposure of the tumor.
- The submucosal tumor is then removed under direct endoscopic visualization.
- The site the tumor was removed from is then closed using clips or suturing.
- A stent may be placed if necessary based on the surgical site.
- The tissue will be removed from the body through the endoscope and sent to a laboratory. Examination under a microscope can confirm whether the procedure completely removed the tumor.

Post procedure:

Once the procedure is finished you will recover from anesthesia in the endoscopy unit. Your doctor will discuss the procedure with you. *Please be advised, it is common after receiving anesthesia to forget some of the conversation you had with your doctor. For this reason, we suggest a family member be available for this conversation at your request.*

After the procedure you might have a brief stay in the hospital or you may be discharged home if you feel well. You will receive antibiotics for 3-5 days and medications for symptom relief if you need them.

If you are discharged home, do not drive, operate heavy machinery, or drink alcohol for 24 hours. You should go home and rest after your procedure.

If you are admitted, you may require a contrast study (i.e. esophogram) prior to advancing your diet.

It is important to drink lots of fluids to rehydrate.

Discuss with your doctor when you should resume a diet and if there are any specific instructions on diet advancement. If your doctor allows you to eat, we recommend that you eat something light since you have not eaten for over 12 hours. Avoid fried foods, fatty foods and large quantities of food. Things such as: scrambled eggs, toast, a sandwich are good choices. You may eat more food once you have tried something light to make sure you don't become sick to your stomach. You may also have excess gas, so you may choose to avoid foods that cause additional gas, such as beans or carbonated beverages.

Call your doctor right away for:

- Severe or new onset abdominal pain that doesn't improve by passing gas
- Rectal bleeding that turns the entire toilet bowl red

- Fever greater than 101.5 or chills
- Vomiting blood, black or coffee ground looking material
- Severe dizziness, fainting or chest pain

Commonly Reported Post-Procedure Symptoms:

- Sore throat
- Nausea or vomiting
- Excessive gas, bloating or cramping

Note: These symptoms usually resolve on their own within 24-72 hours after your procedure. If your symptoms are severe or persist please notify your physician or go to the emergency department.

Medications after discharge:

Your doctor may prescribe a proton pump inhibitor (PPI) such as pantoprazole to reduce the amount of acid your stomach produces to aid in healing post-procedure.

If the procedure is done in the colon you may go home on a stool softener.

If experiencing gas or gas pains post-procedure, you may try over the counter (OTC) GasX for symptom relief.

You can resume your daily medications following your procedure. If you are taking any medications that thin your blood discuss with your doctor when to resume these medications.

Commonly prescribed blood thinners:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin
- Enoxaparin (Lovenox)
- Ticagrelor (Brilinta)

Follow up:

Contact your physician to schedule a follow up appointment:

Clinical Academic Building (CAB)

125 Paterson Street
Suite 5100B
New Brunswick, NJ 08901
Phone: 732-235-7784

IMPORTANT PHONE NUMBERS:

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x3210

RWJ Endoscopy Nurse line: 732-828-3000 x5453 (Leave a message and you will receive a call back within 24 business hours)

For after hour **emergencies** call 732-235-7784

