

## **General guidelines for your EGD with Ablation**

### **Why it's performed:**

EGD with ablation is a treatment option for Barrett's Esophagus, this is the name given to describe abnormal tissue in the esophagus caused by chronic heartburn or Gastroesophageal Reflux Disease, commonly referred to as GERD. These abnormal cells can become cancerous. This procedure of ablating or removing cells can prevent the tissue from developing into a cancer. The abnormal cells are destroyed and new healthy cells can replace them.

It is performed by a physician together with an upper endoscopy; you do not need incisions or surgery. EGD with ablation can decrease the risk of developing esophageal cancer if suffering from Barrett's Esophagus as a result of GERD.

### **Before the procedure:**

- The hospital will call you a few days before your procedure to tell you what time to arrive. If you need information before receiving this call you call the hospital PAT department at **732-828-3000 extension 36616**. If you need to confirm your arrival time after you have received this call you can call the endoscopy schedulers at **732-253-3210**.
- Arrival times are given to admit you to the unit and prepare you for your procedure. It is 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, so 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 given medications to put you to sleep 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](mailto: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 have diabetes:
  - 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 (Warfarin), Plavix (Clopidogrel), 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**

- Do **not** eat or drink anything 8 hours before your procedure to clear your esophagus and stomach of food products.

**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 before 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.

## **PARKING**

- Park in the hospital parking lot located on Little Albany Street and take the elevator to the 1<sup>st</sup> floor. Bring your parking ticket with you when you enter the hospital. Upon arrival stop at the information desk on the 1<sup>st</sup> floor to check in and have your parking validated. Turn left as you exit the elevator on the 1<sup>st</sup> floor and take the North building elevators located in the main lobby to the 2<sup>nd</sup> 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 Ablation:

- We will start an IV in your vein to give you fluids, medications to put you to sleep, and other needed medications.
- A small plastic mouthpiece will be placed between your teeth to protect the endoscope.
- After you are asleep, the endoscope will be inserted through your mouth to your esophagus, stomach and duodenum (upper portion of the small intestine).
- The mucosal lining will be examined as the endoscope moves through your gastrointestinal tract. The images will be shown on a monitor.
- The physician will place an ablation catheter into the esophagus to deliver energy to only the abnormal tissue.

### **After 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.*

Do not drive, operate heavy machinery, or drink alcohol for 24 hours after your procedure. You should go home and rest after your procedure.

## **Diet**

It is important to drink lots of fluids to rehydrate.

Follow a full liquid diet for 24 hours, then advance to a soft diet for 3 days.

The following foods are allowed on a **full liquid diet**:

- 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
- Tea or coffee
- Strained tomato or vegetable juice
- Sports drinks
- Broth (bouillon or consommé) or strained creamed soup
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without bits of fruit, seeds or nuts
- Plain ice cream, frozen yogurt, and sherbet
- Butter, margarine, oil, cream, custard, and pudding

On a full liquid diet do not eat any kind of cheese, fruit, meat or cereals. Liquid diet does not include mashed foods.

The following foods are allowed on a **soft diet**:

- Pureed fruit (such as applesauce)
- Canned fish and canned poultry
- Fruit juice and vegetable juice
- White rice
- Egg noodles
- White bread
- Mashed potatoes
- Bananas
- Mangoes
- Avocados
- Cottage cheese
- Scrambled eggs

**Common side effects:**

- Nausea or Vomiting
- Excessive gas, bloating or cramping
- Throat discomfort

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

Call 911 or your doctor right away for:

- Severe or new onset abdominal pain that does not 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

**Medications after discharge:**

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

Commonly prescribed blood thinners:

- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin (acetylsalicylic acid)
- 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 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778

**FAQs:**

**How much discomfort can I expect after the esophageal ablation?**

The procedure itself is not usually painful, as the patient is sedated for the procedure. It is, however, common for the patient to feel chest discomfort and discomfort with swallowing for no longer than seven days after the procedure.

**How do you keep your Barrett's esophagus from becoming cancer?**

Ablation in Barrett's esophagus may prevent esophageal cancer. Treatment of Barrett's esophagus with radiofrequency ablation appears to keep the condition from becoming esophageal cancer.

