

## STRETTA Post procedure instructions

- Advise any care provider that introducing instrumentation into the esophagus should be avoided for at least one month following the Stretta procedure.
- If possible, avoid using NSAIDS for 14 days after procedure( ibuprofen, aleve, etc)
- Use liquid or tablet acetaminophen with or without codeine or equivalent preparation for post-treatment pain relief.
- Continue all reflux or anti-secretory medications for up to 2-months after Stretta procedure, as prescribed by your doctor.
- Modify diet to liquids for 24 hours (WATER, MILK, YOGURT, SOFT DRINKS, FRUIT DRINKS, SOUP BROTH, PUDDING, ICE CREAM). After the 24 hour period, you may begin a soft diet for 2 weeks (please see below)

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Beverages	All	None
Soups	Mildly seasoned broth, bouillon, or cream soup; strained vegetable soup	Bean, gumbo, split pea, or onion soup; chunky soups or chowders
Meats	Any moist, tender meats, pureed meats, fish, or poultry (lamb, veal, chicken, turkey, tender beef, liver stewed pork);eggs(see exceptions); creamy peanut butter	Fried chicken or fish; fish with bones; shellfish; fried, salted, or smoked meats; sausage; cold cuts; raw or fried eggs; dried beans; nuts and seeds
Dairy	All low-fat milk products, smooth yogurt, mild-flavored cheese, cottage cheese	(avoid milk if lactose-intolerant), yogurt with nuts or seeds, sharp or strong cheeses, cheeses with whole seeds or spices
Fruits	Cooked or canned fruit , soft, fresh banana, or avocado, fruit juice; applesauce, pureed fruit	All raw food (except banana or avocado, dried fruit (dates, raisins), coconut
Vegetables	Soft-cooked or canned vegetables, pureed vegetables, (see exceptions), fresh lettuce or tomato, potatoes (mashed, baked, boiled, or creamed), sweet potatoes (mashed), vegetable	Gas-forming vegetables (broccoli Brussels sprouts, cabbage, cauliflower, cucumber, green pepper, onion turnip), whole kernel corn, raw vegetables ( except lettuce or tomato), fried vegetables French fries, hash browns
Grains	Refined cooked or ready-to-eat cereal (cream of wheat, oatmeal); refined white, wheat, or rye bread rolls, or crackers; plain white rice; pasta	Whole-grain breads and cereals (bran, rye with seeds, or whole wheat); breads or rolls with coconut, raisins, nuts, or seeds
Fats	Butter, margarine, mild salad dressing, mayonnaise, gravy, cream, cream substitute, sour cream, vegetable oil	Spicy salad dressings, fried foods
Desserts & Sweets	Smooth ice cream, ice milk, or frozen yogurt; sherbets; fruit ices; custards; puddings; cake or cookies made without nuts or coconuts; pumpkin pie (no crust), smooth cheesecake	Desserts or candy made with dried fruit, nuts, coconut; candied fruit; peanut brittle
Seasoning	Ketchup; cheese, cream, tomato, or white sauces; soy sauce; chopped or ground leaf herbs	Garlic, horseradish, chili powder, whole or seed herbs and spices, barbeque or Cajun seasonings, Worcestershire sauce