



EsophyX® TIF®

Patient Instructions

 **EndoGastric Solutions®**
creating endoluminal technologies to enable
reconstructive intragastric surgery

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EsophyX TIF Food Guide

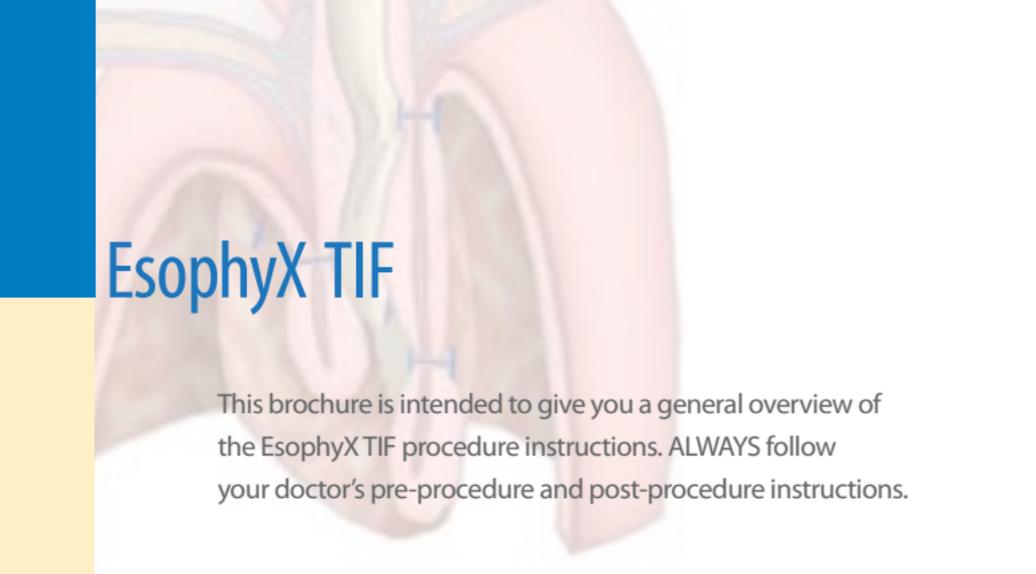
EndoGastric Solutions

YES NO

POST-PROCEDURE WEEK	1	2	3	4	5	6	7	8	9	10	11	12
Broth of any kind	<input checked="" type="radio"/>											
Strained soups (not tomato based)	<input checked="" type="radio"/>											
Nutritional supplements and vitamins (not fiber)	<input checked="" type="radio"/>											
Pudding	<input checked="" type="radio"/>											
Milk	<input checked="" type="radio"/>											
Gelatin	<input checked="" type="radio"/>											
Yogurt	<input checked="" type="radio"/>											
Cottage cheese	<input checked="" type="radio"/>											
Well-cooked & pureed vegetables	<input checked="" type="radio"/>											
Moist & boneless fish	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Canned fruits (without skins)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Melons	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Berries	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Tofu	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Meatless casseroles	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Soft eggs	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Cooked vegetables	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Mashed potatoes	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Pasta and noodles	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Soft & moist white rice	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Cereals (softened in milk)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>
Fresh vegetables and fruit*	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>						
Meats	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>						
Bread	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>						
Citrus	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>						
Alcohol	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>						

*Excluding asparagus, celery, pineapple and other long-fibered items

EsophyX TIF Post-Procedure Food Guide



EsophyX TIF

This brochure is intended to give you a general overview of the EsophyX TIF procedure instructions. ALWAYS follow your doctor's pre-procedure and post-procedure instructions.

Pre-Procedure Instructions

- Make sure you inform your doctor about all the medications you are currently taking.
- Do not take any aspirin, blood thinners, anti-inflammatory (arthritis) medications, or vitamin E prior to your procedure.
- Do not take any diet aids, medications and herbal supplements containing ginkgo, garlic, or St. John's Wort for 10 days prior to surgery.
- You should not smoke or drink alcohol for 48 hours prior to your procedure.
- Your doctor will give you additional instruction depending on medications you are currently taking.
- It is critical that you do not eat or drink anything for at least 12 hours before your procedure or as indicated by your doctor. The EsophyX TIF procedure cannot be performed if there is food in your stomach. You may still take medication your doctor has approved for you to take with a small amount of water.



What about after the procedure?

Your doctor will determine whether it is necessary for you to spend the night in the hospital after the procedure. You will experience some pain and/or discomfort in your chest for the first few days. You may also have some irritation in your nose, a sore throat, and/or some discomfort swallowing for a few days. These symptoms should resolve within the first week after surgery and appropriate medication will be provided to you if needed. If they do not resolve, or if discomfort or other symptoms become more severe, please notify your doctor immediately.

Continue to take your GERD medication after your procedure as recommended by your doctor.

Remember, occasional reflux is normal in healthy people and may depend on diet and other factors such as stress. If GERD symptoms recur, you should contact your doctor.

Post-Procedure Instructions

Even though EsophyX TIF is an incisionless procedure, it is still surgery, and like any surgical procedure, its success is affected by how well you adhere to post-procedure instructions including:

- Dietary guidelines
- Physical activity
- Medications
- Return to work
- Follow-up



If you are experiencing any of the following symptoms within 12 weeks following your procedure, call your doctor immediately:

- Any nausea or vomiting
- Fever greater than 101° F
- Increased abdominal pain
- Difficulty or pain while swallowing
- Sore throat lasting more than seven days after the procedure
- Chest pain
- Shoulder pain lasting more than 3-7 days

Dietary Guidelines:

The strength of your new antireflux valve is largely determined by how well it heals. What you eat and drink can dramatically impact the durability of your antireflux valve. You will be asked to follow a liquid diet followed by a mashed and soft food diet as your antireflux valve heals.

If you experience heartburn after eating a particular food, write down the food that gave you heartburn and try to avoid eating it. Talk to your doctor at your next visit about your food-associated symptoms. Remember, occasional heartburn episodes are commonly experienced by people who do not suffer from GERD, and this may in fact mean that your valve is functioning correctly. If your symptoms persist, contact your doctor immediately.





During the 12-week post-procedure period, it is important that you adhere to the following guidelines:

- Eat 4 to 5 small meals consisting of soft foods throughout the day
- Take small bites and chew your food thoroughly
- Avoid foods with coarse texture, nuts, raw fruits, and raw vegetables
- Avoid foods or drinks that in the past caused reflux
- Remain in an upright position for 1 hour after eating
- Do not eat for at least 2 hours before bedtime
- Do not drink carbonated beverages or alcohol
- Avoid spicy foods
- Avoid foods and drinks that are very hot or very cold
- Take anti-gas medication - do not belch
- Try not to vomit, cough, retch or strain - this can significantly affect the healing and ultimately the effectiveness of the antireflux valve created during your procedure
- Do not smoke
- You should also avoid gas-forming, acid-producing foods, or foods that slow gastric emptying such as tomato-based products, peppermint, black pepper, caffeine-containing drinks, alcohol, onions, green peppers, fatty foods, beans, spicy foods, citrus fruits, and fiber supplements



Physical Activity

Walking is permitted and encouraged after your procedure. Begin to walk short distances, at a slow pace, and with someone who can assist you in case you experience any residual weakness due to anesthesia. Gradually increase the distance and duration of your walks until you feel you are back to normal. At this time, you may also climb stairs, although you should do it slowly for the first few weeks to reduce the risk of increasing abdominal pressure.

In order to give your valve time to heal and fuse, lifting anything over 5 pounds should absolutely be avoided for the first 2 weeks. During Weeks 3-6, you may lift items up to 25 pounds, and beginning in Week 7 you may lift items as you normally would.

Except for walking, sports and other intense exercise should be avoided for the first 6 weeks following your procedure. At that time, you may consult with your doctor, who can help you determine if you are ready to resume your normal exercise routine.

Driving may be resumed 1-2 days after the procedure. You should not drive if you are taking prescription pain medication, are experiencing fatigue, or are in significant pain.

Sex may be resumed after 7 days.

Medications

Your doctor will determine your need for acid-reducing medications following your procedure.

Before leaving the hospital, your physician may prescribe pain medications. It is important that you take this medication as prescribed. If you feel you need to increase the strength or duration of your prescription, please contact your physician.

Follow Up

After the procedure, your doctor will see you again to assess the effectiveness of the EsophyX TIF procedure. Your doctor may also schedule additional follow-up appointments at this time.

Return to Work

Most patients will be able to return to work 3-7 days after the procedure. You and your doctor should determine a timetable for returning to work based on a number of factors including residual fatigue from general anesthesia, any complication during the procedure, your overall medical condition, and your psychological recovery time. If you work in a job that requires significant physical activity, you should not resume your normal job functions until after your doctor has cleared you to do so.

