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Patient Instructions Prior To Radiofrequency Ablation (RFA)

Prior to your procedure:

- Stop all blood thinners as discussed at your appointment
- Make sure you are taking your PPI (omeprazole, pantoprazole etc..) twice a day
- Nothing to eat or drink after midnight the night prior to procedure
- Pick up the prescriptions provided to you in the office but do not start until after your procedure

Day of your procedure:

- Nothing to eat or drink until after your procedure is completed

After your procedure: After your ablation, you may have a sore throat, chest discomfort, difficulty or pain with swallowing, nausea, or vomiting. These symptoms will improve each day.

- Liquid diet only for the next 2 days
- For the 5 days after that, eat a diet of only soft foods. Examples include liquids, mashed potatoes, pasta, oatmeal, applesauce, scrambled eggs, yogurt, pudding, and ice cream
- It is very important to continue you acid lowering medication (proton pump inhibitor) twice each day, taken 30 minutes before your meals, including today.
- Use Carafate suspension four times each day for two weeks.
- Use viscous lidocaine solution before each meal for the first 2-3 days and then as needed for pain.
- Use oxycodone liquid 5 mg every 4 hours as needed for more severe chest discomfort.
- Avoid aspirin and other anti-inflammatory medications such as ibuprofen, motrin, aleve for 7 days following procedure as this can increase your bleeding risk.
- Restart your blood thinners as discussed at your procedure
- Will likely need to repeat endoscopy and ablation every 12 weeks until the Barrett's tissue is gone

Call Dr. Riff's office (714-778-1300) if you experience:

- A temperature of 101° F (38.3° C) or higher
- Chest pain
- Painful or difficulty swallowing that is severe, getting worse, or lasts more than 5 days
- Weakness, faintness, or both
- Any other questions or concern