

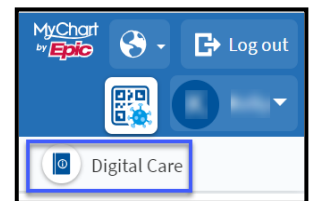
Transoral Incisionless Fundoplication (TIF) Procedure Step-By-Step Instructions

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a Transoral Incisionless Fundoplication (TIF) for you. A link to your procedure information is available at My Duke Health. Please review the information on your procedure. Your stomach must be empty for this procedure. Follow these preparation instructions to prepare for your procedure.



What is a Transoral Incisionless Fundoplication (TIF)?

A TIF is a non-surgical endoscopic procedure to treat gastroesophageal reflux disease (GERD). Your doctor will place a flexible tube into your mouth. The tube passes through your esophagus to your stomach. Therapeutic maneuvers are performed during this procedure. You will receive general anesthesia to help you sleep and stay comfortable during your procedure. After your procedure, you will stay in the recovery area until your doctor decides it is safe to go home. If you have questions about your prep, procedure, or appointment, call Duke GI at (919) 684-6437.



Planning for Your Procedures - Two (2) weeks before your procedures:

- Log into My Duke Health to review the information on your procedure. Select Digital Care to find the link to the printed information.
- Read your instructions and follow these step-by-step instructions.
- Find a family member or friend who can drive you to your procedure, **stay with you**, and drive you home. Your driver needs to stay in the endoscopy department during your procedure. Your driver must be an adult over 18 with a valid driver's license. You cannot go home in a taxi, bus, or ride-share.
- Review your procedure location (address), date, and arrival time.
- Plan to be in the GI department for about four (4) hours for your procedure.
- You will receive general anesthesia for your procedure. You cannot drive or work for 24 hours after anesthesia.
- Print these instructions and place them in a safe place, like on your refrigerator.

TWO (2) WEEKS Before Your Procedure

- If you have diabetes, talk to your provider about your diabetes medicine.
- If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



FIVE (5) DAYS Before Your Procedure

- Stop taking Fish Oil supplements.

ONE (1) DAY Before Your Procedure – When you Wake Up

- Eat your regular diet today.
- Stop eating all solid food after dinner until after your procedure. Do not eat solid food past 10:00 pm. You can drink clear fluids.

The Day of Your Procedure – When You Wake Up

- Do not eat any solid food for the entire day. You cannot eat any solid food until after your procedure.
- Follow your provider's instructions and take your medicines with water.
- FOUR** hours before your procedure time, STOP drinking all fluid.

Preparation Information and Frequently Asked Questions (FAQs)

If you have a Pacemaker or Internal Defibrillator: Bring your device information card to your anesthesia appointment and on the day of your procedure. Give the device card to your nurse when you check in for your procedure.

If you do not or cannot accept blood products in an emergency, please call The Duke Center for Blood Conservation at (919) 668-2467 one week before your procedure.

I am a diabetic. Should I take my diabetes medicines?

If you take insulin or have an insulin pump:

Contact your diabetes provider to ask if you need to adjust your insulin dose. Check your blood sugar on the day of your procedure.

I am a diabetic. Should I take my diabetes medicines?

If you take pills for diabetes but not insulin:

Do not take your diabetes medicine on the day of your procedure unless your provider tells you to continue this medicine. Check your blood sugar on the day of your procedure.

Can I drink alcohol, wine, or beer before my procedure?

Do not drink any alcohol the day before or the day of your procedure.

Clear Liquid Examples

All fluid must be light in color and not red or purple.

- Water
- Tea and black coffee without any milk, cream, flavor, non-dairy, or powdered creamer
- Flavored or coconut water without red or purple color
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream (no red or purple colors)
- Jell-O® or other gelatin without fruit (no red or purple colors)
- Boost® Breeze Tropical Juice drink

Transoral Incisionless Fundoplication (TIF) Post-Procedure Patient Education

Will I be admitted to the hospital after my TIF procedure?

- Some patients are admitted to the hospital after the procedure for 24-hour observation. Talk to your GI provider about your post-procedure plan.

If you are admitted to the hospital for observation:

- You may stay longer if you have uncontrolled pain or you cannot eat.
- While in the hospital, your doctor will monitor you for any complications - like a hole in your esophagus (swallowing tube) or stomach, bleeding, or infection.
- Since the procedure is performed on your esophagus and stomach, your diet will start with clear fluid.
- While in the hospital, you will receive fluids and medications for pain and nausea through an IV (a small, flexible tube in your arm).

Home Care

- Return home after your TIF procedure and rest.
- Rest frequently over the next week. You may start your regular activity slowly over the next week.
- You can shower as usual.
- Although this is an endoscopic procedure, you may experience pain in your chest, esophagus (swallowing tube), or stomach for up to two (2) weeks. You will have less pain (3) weeks after your procedure.
- Look at your stools to check for any blood. Blood in your stool will make your stool look dark purple or black like tar. Changes in your stool may be a sign of bleeding. Notify your doctor immediately if you see signs of blood in your stool.
- Monitor your IV site. If you have redness or swelling at your IV site, place a warm, wet washcloth over the area for 20 minutes four (4) times a day. Repeat this process until the redness or swelling goes away. Raising your arms on pillows can help decrease the swelling. If you notice the redness or swelling that continues for more than two (2) days, call the office and ask to speak to a nurse.

Follow-up care

- Follow-up care is important to your treatment and safety. Go to your GI follow-up appointments as scheduled.

Activity level and exercise information

- Avoid any activity that increases intra-abdominal pressure for one week (7 days). Follow this weekly outline for your activity.
- The first week after your procedure
 - Minimal physical activity - You can walk short distances
 - Avoid sexual activity
 - Do not lift anything over 5 pounds
 - Limit climbing stairs
- Week Two
 - Slow climbing of stairs
 - Do not lift anything over 5 pound
- Week Three to Six
 - No intense exercise
 - You can lift objects weighing 25 pounds or less
- Week Seven
 - Resume your normal activity

Medicine Information

- Your doctor will tell you about any changes to your medicines
- If your doctor prescribes any new medicines, pick the medicines up on your way home from the hospital at your preferred pharmacy.
- A new prescription will be sent to your pharmacy if you are not currently on an acid reducer (proton pump inhibitor – PPI). Proton pump inhibitors (PPI) will decrease stomach acid, prevent acid reflexes, and allow the esophagus and stomach to heal. You will take the PPI **twice a day for eight (8) weeks**. Take the PPI medicine 30 minutes before breakfast and dinner.
- If any new medicines are too expensive, please call the Duke GI Nursing Team for assistance.
- For the **next seven (7) days** after your procedure, **DO NOT TAKE ANY** non-steroidal anti-inflammatory medications (NSAIDs) such as Ibuprofen and Sodium bicarbonate.
- For the **next seven (7) days** after your procedure, **DO NOT TAKE ANY** aspirin or aspirin products unless you are prescribed an aspirin for a heart condition.
- For the next three **(3) days** after your procedure, **HOLD** blood thinners like warfarin, clopidogrel bisulfate, cilostazol, dipyridamole, dipyridamole ER, rivaroxaban, dabigatran, apixaban, ticlopidine HCL, enoxaparin.

Diet Information - It is very important to follow these instructions to avoid complications.

- Avoid drinking red liquids for the first three days.
- After your procedure continue eating only clear liquids for **the first week**. Follow these instructions to advance your diet (examples below):
 - **Second week** - advance your diet to full liquids
 - **Third week** - eat pureed and soft foods if tolerated
 - When tolerating soft foods, you can restart eating your regular diet.
 - If you are still having nausea, pain, or any vomiting, eat only soft foods and contact Duke GI immediately.

Contact the Duke GI Nursing Team if you have any of the following symptoms:

Duke GI at (919) 684-6437

- If your stool changes color and looks dark - purple or black like tar.
- If you feel sick to your stomach (*nauseous*) or throw up (vomit).
- If you have chest pain or difficulty breathing or swallowing,
- If you have a sore throat that continues for more than two (2) days.
- If you have redness, pain, or swelling at the IV site lasting over two days.
- If you have belly pain that is severe or gets worse throughout the day.
- If your belly is painful to touch.
- If you have a temperature over 101 degrees or chills.
- If you received medical care at an urgent care emergency department or were hospitalized within 30 days of your endoscopy procedure.

Go to your local Emergency Department

- If you have worsening chest pain with a fever of 101° F
- If your stool is dark - purple or black, like tar
- If you can't stop vomiting

Call 911 immediately if you are experiencing a medical emergency or need urgent medical care!

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Post-Procedure TIF Diet Instructions with Menu Examples

Days 1 – 7	Drink examples	Food Examples
Clear Liquids Diet only	Soft drinks – orange, ginger ale Sports drinks, electrolyte replacement drinks, or water Fruit juices without pulp – apple, white grape	Gelatin (lemon, lime, orange; no fruit or toppings) Popsicles (no sherbet or fruit bars) Low-sodium chicken or beef bouillon/broth (no solid pieces of noodle, vegetable, or meat), vegetable or soy broth (including bone broths)

Days 8 – 14	Drink examples	Food Examples
Full Liquids Eat Small Frequent Meals	Soft drinks – orange, ginger ale Sports drinks, electrolyte replacement drinks, or water Fruit juices without pulp – apple, white grape	Mashed potatoes Pudding Ice cream and milkshakes Yogurt Applesauce

Day 14 until tolerating a soft diet	Food Examples
Eat Small Frequent Meals Pureed Diet	Place cooked food in a blender and add water, broth, or milk to make the food a thick consistency.

DAY 14 until tolerating a regular diet	Drink examples	Food Examples
Soft Diet	Soft drinks – orange, ginger ale Sports drinks, electrolyte replacement drinks, or water Fruit juices without pulp – apple, white grape	Mashed potatoes Pudding Ice cream, milkshakes Yogurt Cottage cheese Scrambled or cooked eggs Applesauce, cooked fruits, or soft fruits with peeled skins, such as peaches Soups with small soft pieces