

BARRX-HALO

Radiofrequency Ablation



a family of healing partners
A Division of Heartland Clinic, LLC

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What is BARRX-HALO?

Radiofrequency ablation (BARRX-HALO) uses an electrode mounted either on a balloon or endoscope to deliver heat energy to the diseased lining of the esophagus. A number of studies have demonstrated that BARRX-HALO safely results in a high rate of complete eradication of Barrett's esophagus, as well as reduces progression of the disease to high-grade dysplasia and cancer. Because of a favorable safety profile, studies have been performed assessing the efficacy of RFA for the earliest stages of Barrett's, as well as later stages.

Regional Surgicenter was the first ambulatory surgery center in the U.S., and the only center in the Quad-Cities area, to offer the full line of BARRX-HALO radiofrequency ablation techniques. The physicians at Gastroenterology Consultants perform radiofrequency ablation procedures on a regular basis.

How should I prepare for the procedure?

An empty stomach is essential for an accurate and safe examination, so you should have nothing to eat or drink, including water, for at least eight hours before the examination.

Can I take my current medications?

Most medications can be continued as usual. Inform us about medications you're taking, particularly aspirin products, arthritis medications, anticoagulants (blood thinners), insulin or iron products.

What about Aspirin?

Aspirin should be discontinued for 5 days prior to BARRX-HALO.

What about Plavix® (clopidogrel)?

Plavix® (clopidogrel) should be discontinued for 5 days prior to BARRX-HALO.

What about Coumadin?

Your physician will discuss holding Coumadin with you prior to scheduling your procedure.

What about Pradaxa® (dabigatran)?

Please stop taking Pradaxa® (dabigatran) 36 hours before your test. Pradaxa® (dabigatran) has an extremely short half-life, unlike Coumadin®, which means the blood thinning effect is gone after 24-36 hours after stopping the medication.

What if I use inhalers for Asthma or other breathing problems?

Please use your inhalers as you would normally use them. Also, please be sure and bring all of your inhalers to your procedure, as you may be asked to use them just prior to your exam.

Will I need antibiotics?

No.

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What can I expect during BARRX-HALO?

BARRX-HALO is done in a similar fashion to an upper endoscopy (EGD). BARRX-HALO is well tolerated and pain-free. You will be given a sedative, propofol, by our anesthesia team who will be present to monitor your vital signs during the examination.

While you are sedated, a device is inserted through the mouth into the esophagus and used to deliver a controlled level of energy and power to remove a thin layer of diseased tissue. Less than one second of energy removes tissue to a depth of about one millimeter. The ability to provide a controlled amount of heat to diseased tissue is one mechanism by which this therapy has a lower rate of complications than other forms of ablation therapy.

Larger areas of Barrett's tissue are treated with the balloon-mounted catheter. Smaller areas are treated with the endoscope-mounted catheter. Both are introduced during an upper endoscopy procedure, which is a thin, flexible tube inserted through a patient's mouth.

What can I expect after BARRX-HALO?

After the procedure, you may notice some mild to moderate heartburn like discomfort, for which your physician will prescribe liquid pain medications. A soft diet is recommended for the first week after each session.

How many sessions are needed?

Usually a minimum of three sessions is required and sometimes more sessions of BARRX-HALO are required to obtain full results. Radiofrequency ablation does not replace or remove the need for routine surveillance upper endoscopy (EGD) with biopsy.