

Stretta at-a-glance

Who is the ideal patient for Stretta?

- An ideal candidate for Stretta is one who has mild to moderate GERD or NERD, experiences inadequate symptom control or is intolerant of drug therapy, and desires a minimally invasive treatment option.
- Patient will have less than 3 cm hiatal hernia
- Non-erosive/ulcerative esophagitis
- Reflux related gastroparesis
- Failed Nissen and post-gastric bypass patients with GERD

What are some contraindications for Stretta?

- Patients who have a hiatal hernia of 3cm or larger
- Incomplete LES relaxation when swallowing (achalasia)
- Patient's with active Barrett's disease
- Patients under 18

What are the components of the Stretta system?

- Stretta catheter, guidewire and 50 cc syringe, irrigation tubing
- MDRF1 generator, foot pedal, connecting cable, electrode return pad

Where does the first Stretta treatment take place?

- One cm above the z-line
 - o The z-line is also known as the squamocolumnar junction.

Where are the two levels of treatment and how many levels of treatment each?

- 4 antegrade rings in the distal LES spaced 5mm apart, and 2 retrograde rings in the gastric cardia

How many degrees do you rotate the catheter for each treatment in the LES and how many degrees of rotation in the gastric cardia?

- 45 degrees in the LES
- 30 degrees (once right of "0" and once left of "0") in the gastric cardia

How many (potential) RF delivery sites will there be at the end of the procedure?

- 56

Is it okay to use saline to irrigate during a Stretta procedure?

- NEVER; the salt in saline can conduct electricity; *a/ways* use sterile WATER

What is the post-treatment response?

- The result is decreased tissue compliance and a significant reduction in TLESRs. The effect of Stretta does not discriminate between acid, non-acid and any other type of reflux (PPIs only serve to neutralize acid reflux). Improvements continue for up to 12 months.

Where is RF energy delivered?

- The muscle layer of the LES and gastric cardia

How does Stretta work?

- Studies show Stretta improves gastric motility and reduces the amount of TLESRs as well as reflux episodes

Features of the Stretta catheter

- Non-compliant balloon and 4 needles
- 2 needles positions - fully extended and RF delivery
- Calibrations are in 1 cm increments