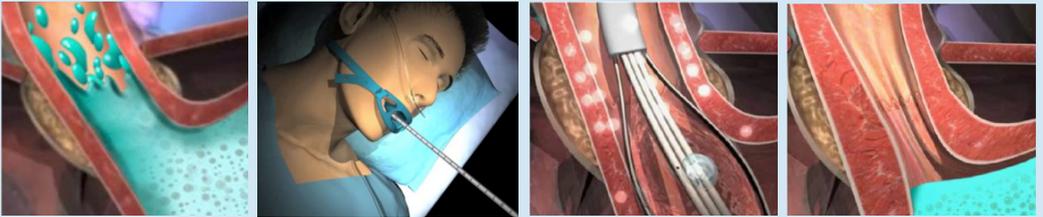
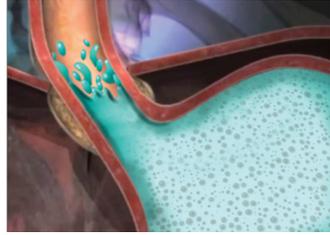


Stretta® Therapy Patient Information Leaflet



What is Gastro-Oesophageal Reflux Disease (GORD)?

When the muscle between your stomach and oesophagus is weak, stomach contents like acid or bile can reflux up into your oesophagus causing GORD symptoms.



What are the treatment options for GORD?

Treatment options for GORD often depend on the severity of the condition and may include the following:

Lifestyle Modifications

Changes in lifestyle may relieve GORD symptoms in some patients.

- Avoid large meals and fatty food
- Eliminate coffee, alcohol, smoking
- Avoid eating close to bedtime
- Sleep with the head of the bed elevated
- Eliminate spicy or fatty foods and citrus or tomato products

Prescription Medications

These medications provide symptomatic relief and many people need to take them long-term. The following drugs work by decreasing acid production:

- Proton-Pump Inhibitors (PPIs)
- H₂-receptor antagonists

Anti-Reflux Surgery

This surgery involves wrapping the stomach around the oesophagus to improve the barrier function of the lower oesophageal sphincter.

- 2-4 hour procedure
- General Anaesthesia
- 1-4 day hospital stay
- 1-3 weeks back to work

The Stretta Procedure

Stretta is an effective outpatient procedure for patients who prefer a non-surgical, minimally invasive option:

- 45-minute procedure
- Outpatient treatment, no hospital stay
- 1-2 days back to work

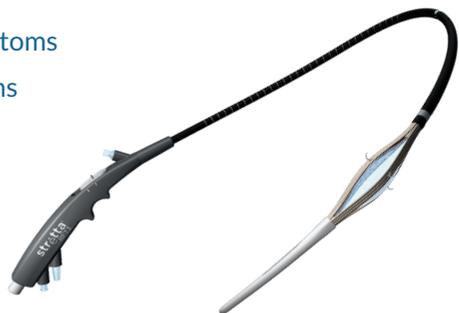
For those who suffer from GORD and are considering a surgical intervention, Stretta may be an optimal and less invasive option.

What is Stretta Therapy?

Stretta is a non-surgical, outpatient procedure that treats the underlying cause of GORD – a weak muscle between the stomach and oesophagus.

Stretta has been shown to:

- Significantly reduce GORD symptoms
- Eliminate or decrease medications
- Decrease acid exposure
- Improve quality of life



The Stretta Procedure

An endoscopy is performed to visualise the precise location to be treated. The Stretta catheter is then passed through the mouth so there are no visible cuts or scars as a result of the procedure.

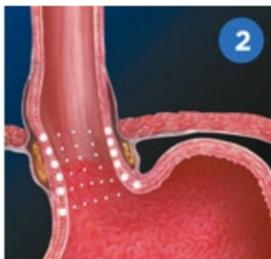
Patients typically go home a few hours after the procedure. Most patients are able to return to work and their normal activities within 2 - 3 days after treatment so there is minimal interruption to everyday life.

What does the Stretta procedure involve?



A specially designed, flexible catheter is passed through the mouth into the oesophagus and is positioned at the LOS valve near the stomach.

Radiofrequency energy is delivered at multiple levels to the muscle of the lower oesophageal sphincter and stimulates the muscle to grow over time resulting in a thicker muscle, improved barrier function and prevention of all types of reflux events (acid, bile, etc.)



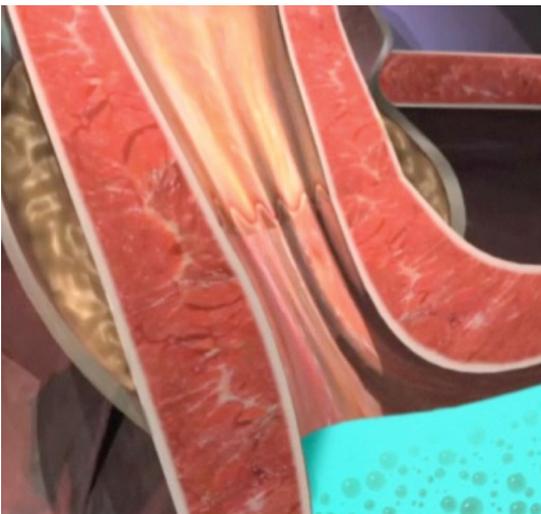
What Anaesthetic will I be given?

You will be given a light general anaesthetic by a consultant anaesthetist who will look after you throughout the procedure.

Where else is Radiofrequency treatment used?

Radiofrequency energy is widely used in healthcare:

- Gastroenterologists use RF to treat Barrett's oesophagus
- Cardiologists use RF to treat atrial fibrillation
- Urologists use RF to treat prostate enlargement
- ENTs use RF to eliminate snoring and sleep apnea
- RF is used in cosmetic procedures for body contouring, skin rejuvenation and tightening



What are the advantages of Stretta?

- Middle option fits between medication and surgery
- Non-surgical and outpatient procedure
- Low complication rate
- Does not alter patient anatomy

Stretta treatment has been widely studied:

- More than 20,000 Stretta procedures performed
- 40 clinical studies conclude Stretta safe and effective
- Low complication rate <1% (similar to endoscopy)
- 93% patient satisfaction after Stretta

Long-term data

- 4-year follow-up 86% of patients off daily PPIs
- 8-year follow-up 72% of patients off daily PPIs
- 10-year follow-up 64-72% of patients off PPIs
- 15-year data concludes Stretta Safe and Effective

What are the risks of Stretta?

- Complications are rare and usually short lived
- Transient fever occurs in less than 2%
- Chest pain occurs in less than 2%
- Difficulty swallowing occurs in less than 1%
- Bleeding occurs in less than 1%
- Delayed stomach emptying occurs in less than 1%
- Please discuss the risks and benefits with your doctor

What to expect after Stretta?

- Expect to feel very tired for rest of the day
- The most common side effect is a sore throat or chest pain or soreness (this may continue for 1-5 days)
- Some patients feel bloated with increased belching and gas
- Resume normal activities as tolerated the next day
- Follow all post-procedure instructions provided



Continue taking your acid controlling medications until instructed by your doctor (at least 2-months after Stretta).

- Do not expect symptoms to improve immediately
- The benefits develop slowly over time
- Some patients improve faster than others
- Your physician will begin to wean you off of your PPI medications approximately 2-months after Stretta
- Most patients start to see improvements in 2-4 months but sometimes it may take as long as 8-12 months

Post-Stretta Patient Instructions

- Avoid instrumentation of the oesophagus for at least one month after treatment, specifically the passage of a nasogastric tube.
- Refrain from use of oral NSAIDS for 14-days after Stretta.
- Use liquid paracetamol, with or without codeine or equivalent preparation, for post treatment pain relief if needed.
- Modify diet post Stretta: full liquids for 24 hrs, soft diet for 2-weeks.
- Continue previous GORD medication regimen for 2-months after the Stretta procedure.

Notify your doctor if any of the following symptoms occur:

Fever, chest pain, nausea, vomiting, bleeding, shortness of breath, increasing abdominal discomfort, difficulty swallowing, tachycardia.