

## Frequently Asked Questions

Top 10 FAQ's about the TIF Procedure for Reflux

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### What is GERD?

Gastroesophageal Reflux Disease (GERD) affects an estimated 1 in every 5 Americans. It occurs when the valve that keeps your stomach contents from flowing up into your esophagus does not close properly.

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### What are the symptoms of GERD?

Typical GERD symptoms include:

- Heartburn
- Chest pain
- Regurgitation
- Gas/Boating
- Excessive salivation
- Trouble sleeping
- Sensitivity to some foods and liquids

Other possible symptoms of GERD include:

- Difficulty swallowing (dysphagia)
- Persistent cough
- Chronic sore throat
- Hoarseness/laryngitis
- Asthma or asthma-like symptoms
- Frequent swallowing/clearing of throat
- Bad breath/sour taste in mouth
- Burning in mouth or throat
- Gum disease/dental erosions
- Ear and nose discomfort

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### Do I need to see a doctor if I have GERD?

Yes. Left untreated, GERD can cause Damage to the esophagus, chronic symptoms that can be very painful, even debilitating and can be a progressive disease that will not resolve itself. Untreated GERD can also lead to conditions such as Barrett's esophagus and/or esophageal cancer.

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### What is the TIF procedure?

Transoral Incisionless Fundoplication (TIF<sup>®</sup>) is the only solution that effectively treats reflux without incisions or metal implants. The TIF Procedure uses your own stomach tissue to restore your anti-reflux valve to its natural state.

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### Is the TIF procedure safe and effective?

The TIF procedure received FDA clearance in 2007 and has been evaluated in over 100 published papers from over 75 centers documenting consistent outcomes in over 1,500 unique studies of TIF patients. In a multi-study analysis, 81% of patients reported being off daily proton pump inhibitor (PPI) medication and 84% had healed their esophagitis.\*

\*PPI data from 11 studies in 568 patients reporting >6 months PPI use; esophagitis data from 2 studies in 56 patients reporting >36 months on follow-up endoscopy.

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### What are the benefits and risks of the TIF procedure?

The most common benefits associated with the TIF procedure are:

- Minimally invasive, fast recovery
- Because TIF is designed to restore valve to a natural state, patients are still able to maintain normal bodily functions such as belching and vomiting if needed
- No incisions, no visible scars
- No metal implant: TIF patients are not prohibited from having an MRI

A complete list of considerations and risks can be found on the TIF procedure website, <https://www.gerdhelp.com/about-tif/safety-information/>.

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### Will my insurance cover the TIF procedure?

Yes. The TIF Procedure is covered by Medicare and most insurances. As with most procedures, coverage varies by carrier. Please check with your insurance.

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### How long does the TIF procedure take?

The TIF procedure is performed under general anesthesia and usually takes less than an hour to perform, but may vary from patient to patient.

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### Can I get a TIF Procedure if I have a Hiatal Hernia?

Each patient varies; your Doctor will discuss the best treatment option for you.

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### What is the recovery like?

Typically, you will go home either the same day or the following day, depending upon your individual situation and the recommendations of your Doctor. Most patients return to non-physical work and resume participating in normal activities within a few days. Patients should expect to experience minor discomfort in their stomach, chest, nose, and throat for three to seven days after the TIF procedure. Doctors will provide dietary guidelines to help maximize success while your valve heals. Specific instructions will vary by patient and are at the Doctor's discretion. For best results, follow your Doctor's guidance.

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### How can I find out more information about the TIF Procedure?

For more information, visit [www.GERDHelp.com](http://www.GERDHelp.com)