

Patient Counseling Information

GI Pathology Report

Patient Name:

Date of Testing:

Birth Date:

Social Security #:

Your Pathology Test Result

GERD (Gastroesophageal Reflux Disease)

Pathologist Description of Your Diagnosis

“Heartburn”, in medical terms, is actually a symptom of gastroesophageal reflux disease. In this condition stomach acids reflux, or accidentally “back up”, from the stomach into the esophagus. Clinically this is described as a harsh, burning sensation in the area in between your ribs or just below your neck. The feeling may radiate through the chest and into the throat and neck. Other symptoms may also include vomiting, difficulty swallowing and chronic coughing or wheezing. A hiatal hernia (a common term for GERD) may be present in many patients who suffer from GERD, but may not cause symptoms of heartburn.

Your Options For Treatment

Life Style Changes –

- 1) avoid foods/beverages contributing to acid indigestion (chocolate, coffee, alcohol, spicy foods)
- 2) Stop smoking
- 3) reduce weight if obese

4) avoid eating 2-3 hours before bed

5) take over the counter antacid

Drug Therapy - H-2 blockers (Tagamet, Zantac, Pepcid, Axid)

Surgery - anti- reflux laparoscopic procedure

Patients’ Frequently Asked Questions

What causes GERD?

What contributes to GERD?

How is GERD treated?

What are the expected results after anti-reflux surgery?

What are the risks of anti-reflux surgery?

What can I expect after surgery?

Suggestions For Your GI Health Maintenance

Don't Miss Your Follow Up Appointments

Take your medications as prescribed

Avoid alcohol consumption

Maintain good nutrition

Lose weight

Change sleeping and eating patterns

Avoid cigarette smoking

Additional GI Patient Resources and Support

American Digestive Health Foundation, 1-800-NO-ULCER

Health & Wellness Hotline 800-394-7546

Digestive Health Initiative – 800-668-5237

American College of Gastroenterology Hotline 800-978-7666; website - <http://www.acg.gi.org>

Society of American Gastrointestinal Endoscopic Surgeons (SAGES) – 310-314-2404 or FAX 310-314-2585

e-mail: SAGES@aol.com

OncoDiagnostic Laboratory, Inc., website: <http://www.oncodiagnostic.com/>

This report is provided to help you understand your pathology test result and to review your treatment options. Other treatment options and additional information may also be available. Please consult your doctor with any questions you may have. Only you and your doctor can decide which treatment is best for your condition based on your medical history and condition.

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