

# Bariatric Procedure

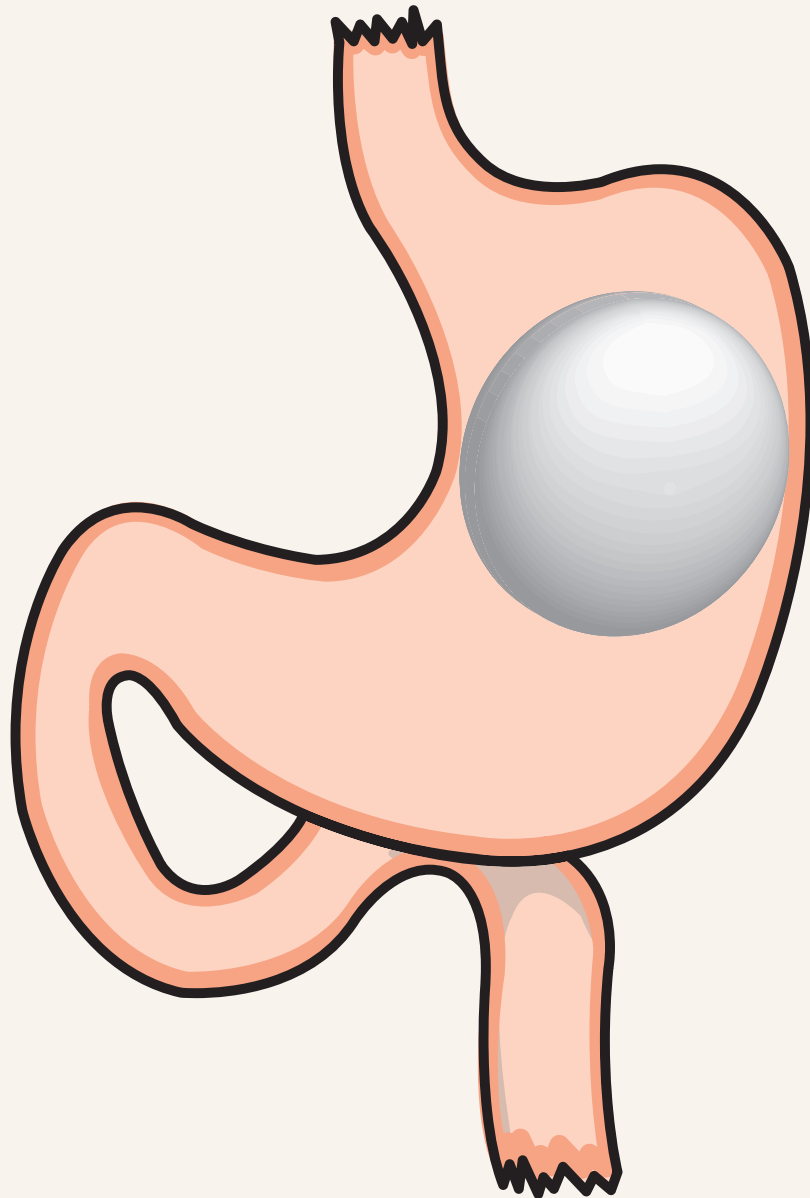
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**I N T R A G A S T R I C   B A L L O O N**



Congratulations on your decision to pursue the Intra-gastric Balloon.

When combined with lifestyle changes, this procedure is a very useful tool to help you lose weight and keep it off. The Weight Loss & Wellness Center (WLWC) is excited to walk alongside you and support you as you start down the road toward better health. Thank you for choosing us to be a part of your journey.



**INTRAGASTRIC BALLOON  
RESTRICTIVE**

# Intragastric Balloon

- ▶ The procedure involves passing an empty balloon through your mouth, down your esophagus and into your stomach.
- ▶ Once in place, it is filled with saline. It then becomes about the size of a grapefruit.
- ▶ The filled balloon will move freely in the stomach, which decreases the risk of irritation of the stomach lining.
- ▶ Offers restriction to aid in weight loss by the placement of a balloon made of soft, smooth silicone rubber.
- ▶ Due to the volume in the stomach, the balloon will delay gastric emptying and provide feelings of fullness.
- ▶ Placement of the intragastric balloon is an outpatient procedure and typically only requires one to four days off work.
- ▶ From the beginning you will follow a healthy diet and exercise program. You may not lose weight if you do not follow the program.
- ▶ Most patients will lose the majority of their weight in the first three to six months.

It is important you understand the benefits as well as the risks associated with this procedure. We encourage you to discuss your questions and/or concerns with your treatment team.

## **EXPLORING THE BENEFITS**

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- ▶ Outpatient procedure with minimal time off work
- ▶ No incision or scar
- ▶ Normal absorption of nutrients
- ▶ The balloon decreases the volume of the stomach, which results in a feeling of satiety (fullness) sooner.
- ▶ The procedure can improve weight-related co-morbid conditions.

With the intragastric balloon, follow-up care is critical to ensure safe and effective weight loss outcomes. Post-placement appointments with your treatment team will be needed to monitor symptoms and progress.

## UNDERSTANDING THE RISKS

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Because an object has been placed in your stomach, there are risks associated with the intragastric balloon.

- ▶ The intragastric balloon will be placed and removed by your doctor using an endoscope that goes down your throat and into your stomach. Endoscopy is very safe, but there are small risks. The most common risks of endoscopy include bleeding, infection and tearing of the esophagus or stomach. These problems only occur in about 3–5 of every 10,000 endoscopies.
- ▶ Stomach discomfort is common after the placement of the intragastric balloon until your body adjusts. You can expect to feel some nausea, vomiting, pain and acid reflux. These may stop on their own, or you may need medication. You may be prescribed medicine to help your body get used to the balloon.

## POSSIBLE COMPLICATIONS FOLLOWING INTRAGASTRIC BALLOON PLACEMENT

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- ▶ **Gallstones.** The development of gallstones is a complication of rapid weight loss.
- ▶ **Bowel obstruction.** A possibly serious problem in which the intestines are blocked and bowel surgery may be required. If they become blocked, food and drink cannot pass through the body.
- ▶ **Premature balloon deflation.** A deflated balloon can pass through the intestines naturally or it can become stuck and have to be removed with surgery. If not treated, it can cause death.
- ▶ **Perforation.** A hole that forms all the way through the esophagus or stomach which can lead to bleeding, pain and infection, and may require surgery. If not treated, it can lead to death.

## FOR INDIVIDUALS WITH DIABETES

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- ▶ Please talk to your primary care physician or endocrinologist about possible adjustments in your diabetes medications due to the diet restrictions during various phases of the intragastric balloon (pre-placement, 24-72 hours post-placement and removal).
- ▶ Monitor your blood glucose levels frequently throughout the day.
- ▶ Maintain current scheduled meal/snack schedule to assist with glycemic control.
- ▶ Know the signs/symptoms of hypoglycemia, or a blood glucose level less than 70mg/dL.
  - Sweating
  - Dizzy or lightheadedness
  - Hunger
  - Headache
  - Weakness
  - Heart palpitations
  - Shakiness

- ▶ If you have low blood sugar (<70mg/dL), treat it!
  - Check blood sugar levels.
  - Consume 15 grams of a carbohydrate food.
    - *½ cup fruit juice*
    - *2–3 teaspoons sugar*
    - *3–4 glucose tabs, available for purchase at most drug stores*
    - *Hard candy (not sugar-free); check the label for serving size*
  - Wait 15 minutes.
  - Recheck blood sugar levels to reassess; if levels remain less than 70mg/dL, repeat the above steps.
  
- ▶ Once blood glucose levels are normal (80–120mg/dL), resume normal meal/snack pattern (within one hour).

## Placement of Intra-gastric Balloon

The Weight Loss and Wellness Center will set a date for you to have the balloon placed in your stomach.

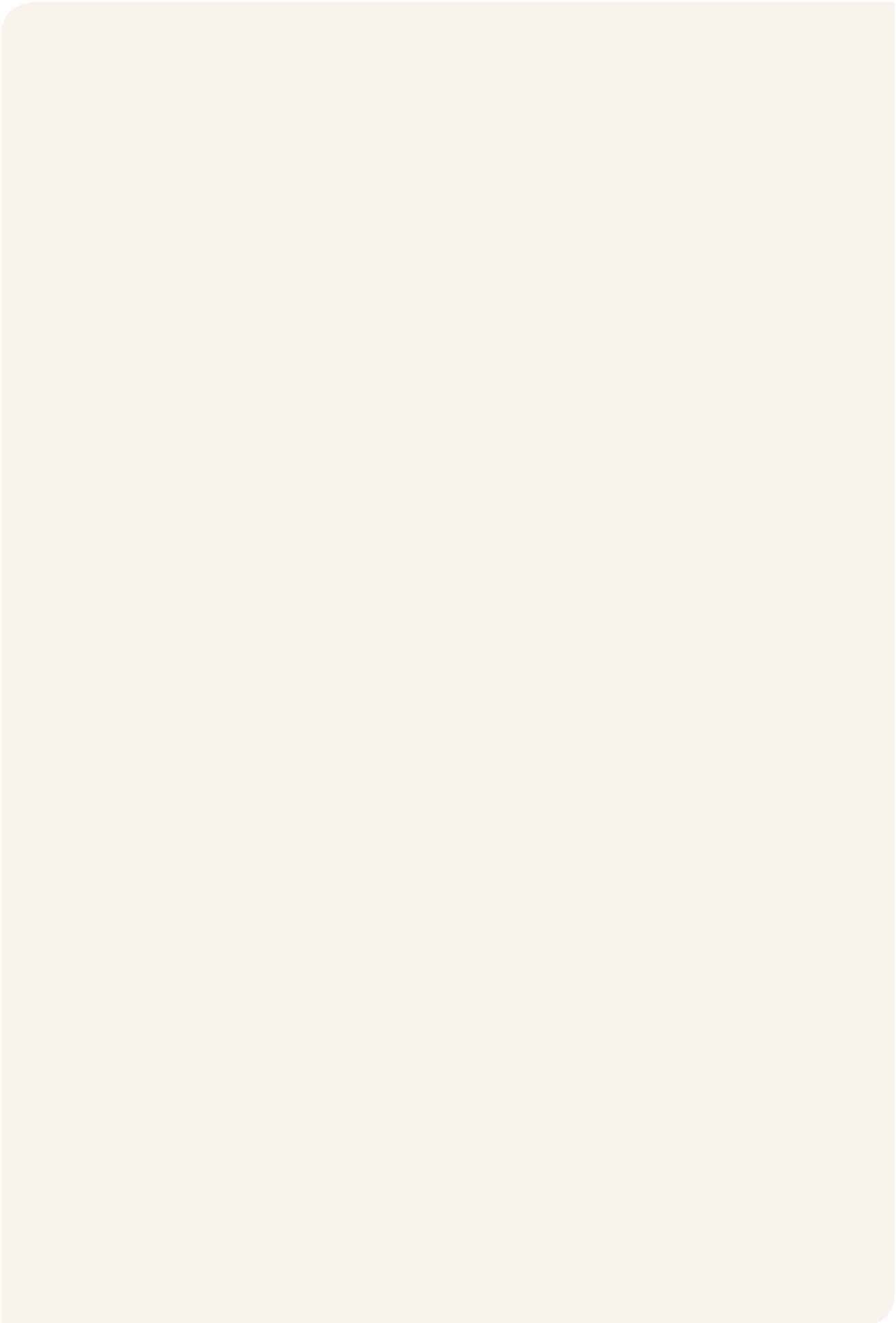
### **On the day of placement:**

1. Do not eat or drink anything for 12 hours before the placement of the balloon. Food or liquid in your stomach could enter your lungs and cause harm. If you have food in your stomach, you will have to wait until you can go 12 hours without food or drink.
2. Before the doctor places the balloon in your stomach, you will be weighed. Tell your doctor about any changes to your health, illnesses, eating habits or medicines since your last visit. If you are a woman who could get pregnant, you will have a pregnancy test.
3. You may be given medicine to help with nausea, vomiting, stomach pain or cramping. These problems are normal. They happen as your stomach gets used to the balloon. They should only last for one to two weeks.
4. You may be given medicine to help with any pain after the balloon is placed.
5. When the balloon is in place, your doctor will fill it with saline.
6. After the procedure, the doctor or nurse will watch you for a few hours. They will make sure that you are awake, can swallow and can take sips of water before you go home.
7. You will need to have a support person to drive you to and from the hospital on the day of placement. Avoid driving, using machinery/power tools or making important decisions for 24 hours. You will have sedation and your judgment will be affected without you knowing it. You may have accidents and make mistakes.

### **Considerations on the day of placement**

- ▶ You may be given prescriptions for pain, stomach cramps, nausea and stomach acid. Have these prescriptions filled before you go home and follow the recommendations for taking these medications.
- ▶ Keep your patient identification card with you at all times when you leave home.
- ▶ Call your medical provider if you do not urinate for 12 hours after going home from the clinic. This may mean that you are not getting enough fluids.
- ▶ The balloon will stay in your stomach for six months. During this time and after the balloon is removed, your medical provider and dietitian will help you change your eating and exercise habits.

**After placement of the intragastric balloon, you may feel stomach discomfort for the first week. Your medical provider may prescribe oral medication to help with your symptoms.**





## **FIRST 24-72 HOURS AFTER PLACEMENT: CLEAR LIQUID DIET**

During the first 24-72 hours after placement you are recommended to drink clear liquids only. Let your stomach rest and adjust to the intragastric balloon. You will be able to add more varieties of liquids as your stomach adjusts.

- ▶ Drink at least 8 cups of liquid per day (64 oz). Drinking liquids keeps you from becoming dehydrated and constipated. Two popular drinking methods:
  - ▶ **Option 1:** Drink slowly, taking small sips. Wait between sips for a minute or two. Do not drink more than ½ cup at once.
  - ▶ **Option 2:** Drink as much as you feel like drinking (8-16 oz). Wait 4-5 hours before drinking again.
- ▶ Sit upright for 3 to 4 hours after drinking. If resting, use a recliner rather than lying flat.

### **Considerations for the first few days after placement**

- ▶ You may experience nausea and vomiting as you become more active or begin to eat more. If this happens, cut back on your activities and return to liquids.
- ▶ You may feel dizzy if you stand up or move too quickly. Stand up slowly so you do not fall.
- ▶ Suggestions for fluids:
  - ▶ Warm liquids, such as broth, may be better than cold drinks.
  - ▶ Do not drink more than one cup of caffeinated fluid per day. Caffeine can cause you to become dehydrated.
  - ▶ Avoid alcoholic beverages.
  - ▶ Focus on low-calorie beverages such as water, no-calorie flavored water and no-sugar-added and low-acid juices.
  - ▶ Start with one of the fluid intake options and be willing to change if you experience nausea/vomiting.

### **Examples of clear fluids**

- ▶ No-sugar-added, low-acid fruit juices (apple, grape or cranberry)
- ▶ Weak, decaffeinated coffee or tea
- ▶ Fat-free clear broth or soup
- ▶ Low-calorie Jell-O (no fruit chunks)
- ▶ Sugar-free popsicles

## **DAY 2-7: FULL LIQUID DIET**

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At this point your body is adjusting to the balloon and after about two days you will be able to enjoy full liquids. Examples of full liquids include protein shakes and strained soup. Remember to take small sips and drink liquids slowly. Wait about one to two minutes between sips. Some individuals may have to wait as long as 10 minutes between drinks. It is important to have at least 8 cups of liquid intake per day to stay hydrated. If you are taking medications, please contact your medical staff to see they may have liquid or other alternatives. Clear liquids are also acceptable in this stage.

### **Considerations on a Full Liquid Diet:**

- ▶ Take your time between sips.
- ▶ Take smaller sips to help your stomach adjust.
- ▶ Fluid intake should not be less than 8 cups per day.
- ▶ Meal replacement shakes can help meet your calorie intake. Contact your dietitian for more information.

### **Examples of a full liquid diet**

- ▶ Everything from the clear liquid diet previously mentioned
- ▶ Nonfat/skim milk
- ▶ Low-calorie soy milk
- ▶ Vegetable soup without the chunks such as tomato, cauliflower and pumpkin soup (strained)
- ▶ Protein shakes

There are many suitable protein products available. In fact, there are so many acceptable products that shopping for a protein powder can be overwhelming at first. But once you know what to look for, it's quite simple. Find a product that fits in your budget, one you tolerate well and one that tastes acceptable to you.

## **LIQUID PROTEIN SUPPLEMENTS**

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### **What to look for on the nutrition label:**

- ▶ At least 20 grams of protein per serving
- ▶ Less than six grams of sugar per serving

### **What are some brands to try?**

- ▶ These are not the only acceptable brands, but these are some suggestions to get you started.

<b>BRAND</b>	<b>ORDER INFORMATION</b>	<b>CONSIDERATIONS:</b>
Nectar	MyBariatricPantry.com The Medicine Shoppe Vitacost.com GNC store Amazon.com	Not all Nectar brand products contain the recommended form of protein. Also, some contain caffeine. Make sure to read the label.
Isopure	GNC store The Medicine Shoppe Amazon.com	This is a clear liquid drink. There are 40 grams of protein per bottle.
Beneprotein	Walgreens.com The Medicine Shoppe Amazon.com	This one comes unflavored. Serving size on label is small, so you may need to put more than one serving in each of your protein shakes to consume enough protein.

- ▶ If you have any questions, ask at your next individual nutrition visit.

### **Considerations**

- ▶ Make sure you rest for the first three days after the balloon is place. Walking and other light activities are allowed.
- ▶ You may have nausea and vomiting as you become more active or begin to eat more. If this happens, cut back on your activities and return to liquids. Take medication as prescribed by your medical provider.
- ▶ You may feel dizzy if you stand up or move too quickly. Stand up slowly so you do not fall.

### **PUREED FOOD: WEEK 2**

During the transition from a full liquid diet to a pureed food diet, it is important to listen to your body to see if you will be able to tolerate puree foods comfortably. In about a week, you will be able to transition to the next consistency, which are soft foods. Make sure to only continue if you are able to tolerate foods in the previous step comfortably. It is not a race to get to the next step; take your time until you are comfortable to reach the next consistency stage. Pay close attention to how you feel before, during and after meals. Remember to stop eating if you feel discomfort or pressure. You may feel discomfort at the breastbone (front center of the chest).

### **Considerations with pureed food**

- ▶ Chew slowly and thoroughly.
- ▶ Each meal should take about 15 to 20 minutes, but no longer than 40 minutes, to eat.
- ▶ Continue to drink at least 8 cups of liquid a day.

If you ignore these feelings, you may have heartburn, vomiting or pain.

## What to expect

### How to make a simple puree:

- ▶ Step 1: Cut food into small pieces and place in a food processor or blender
- ▶ Step 2: Add liquid (such as water, low-fat chicken broth or apple juice) to cover the blades.
- ▶ Step 3: Blend until smooth, applesauce-like consistency.
- ▶ Step 4: Strain out any pieces of food, seeds or lumps.
- ▶ Step 5: Add spices to flavor the puree. Avoid hot spices such as hot sauce, cayenne and jalapeno peppers.

### Examples of pureed food

- ▶ Cottage cheese
- ▶ Pureed fruit
- ▶ Baby food
- ▶ Pureed soup
- ▶ Pureed vegetables
- ▶ Low-fat smoothies

**WARNING: Call your medical provider if you have any concerns about your health or well-being during this time or if you notice:**

- ▶ Nausea or throwing up that is worse than it was right after the balloon was put in
- ▶ Coughing, spitting or throwing up blood
- ▶ Bloody or black stools, diarrhea or constipation
- ▶ Stomach pain becoming worse or swelling of the belly. Note: It is normal to feel some swelling after the balloon is placed.
- ▶ Burping or heartburn that is new or worse than it was right after the balloon was put in
- ▶ No longer feeling full, like you did when the balloon was first put in
- ▶ Gaining weight instead of losing weight, or you are eating more than usual
- ▶ Severe persistent stomach pain / back pain combined with nausea or vomiting. These may be signs that you may have an irritation of your pancreas.
- ▶ Intense abdominal pain, feeling as though your stomach may be swollen (with or without discomfort), difficulty breathing, persistent and untreatable nausea and/or vomiting. These could indicate there may be an issue with your balloon.

While the balloon is in your stomach, your dietitian and physical therapist will check with you to help you with diet and exercise. It is a good idea to write down what you eat and how much you exercise. This will help them find a plan that works best for you.

## **SOLID FOODS: AFTER TOLERATING PUREED FOODS**

**Once you are able to tolerate pureed foods, you will slowly start to incorporate solid foods as tolerated.** The intragastric balloon is designed to be a tool to retrain your appetite to help you with your weight loss goals. Discuss any problems, questions or concerns regarding diet and food intake at your scheduled nutrition visit.

- ▶ Introduce one solid food at a time and see how it makes you feel. Start with cooked foods before going to raw or hard foods.
- ▶ Use moist cooking methods such as baking, poaching, stewing, steaming or slow cooking. Avoid grilling, pan sautéing or other dry cooking methods.
- ▶ Limit starches such as rice, bread and pasta, as these foods can cause bad breath by sticking to the balloon.
- ▶ Drink a glass of water 30 minutes before every meal.
- ▶ Drink two glasses of water 30 minutes after each meal to rinse the balloon.
- ▶ Refrain from drinking water during the meal.
- ▶ Take a multivitamin as directed by your dietitian.
- ▶ Avoid fried foods; instead bake, boil, barbecue or broil foods.
- ▶ Limit use of oil, butter, cream, sugar, mayonnaise, jelly, jam and margarine, as they may be high in fat or sugar content.
- ▶ Chew slowly and thoroughly. Each meal should take about 20 to 30 minutes, but no longer than 40 minutes to eat.
- ▶ Continue to drink at least 8 cups of liquid a day.
- ▶ Pay close attention to how you feel before, during and after meals. Stop eating as soon as you feel full or have any discomfort at the breastbone (front center of the chest). This means that you may not need to eat everything on your plate. If you ignore these feelings, you may have heartburn, vomiting or pain.

### **Reasons to call your doctor**

- ▶ Nausea or throwing up that is worse than it was right after the balloon was put in
- ▶ Coughing, spitting or throwing up blood
- ▶ Bloody or black stools, diarrhea or constipation
- ▶ Stomach pain becoming worse or swelling of the belly (Note: It is normal to feel some swelling after the balloon is put in)
- ▶ Burping or heartburn that is new or worse than it was right after the balloon was put in

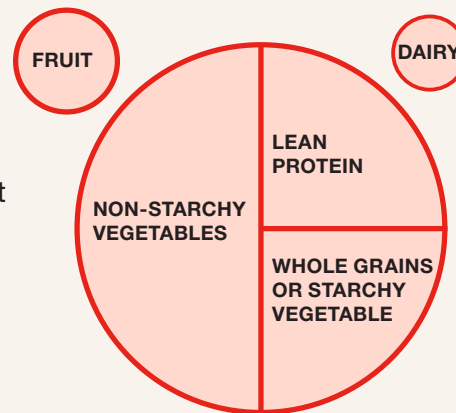
### Reasons to call your doctor (continued)

- ▶ No longer feeling full, like you did when the balloon was first put in
- ▶ Gaining weight instead of losing weight, or you are eating more than usual
- ▶ Severe persistent stomach or back pain combined with nausea or vomiting. These may be signs that you may have an irritation of your pancreas.
- ▶ Intense abdominal pain, feeling as though your stomach may be swollen (with or without discomfort), difficulty breathing, persistent and untreatable nausea and/or vomiting. These could indicate there may be an issue with your balloon.

## WEEK 3 AND BEYOND: BALANCED PLATE

### Don't forget:

- ▶ Maintain your meal structure. Don't skip meals.
- ▶ Eat protein foods first.
- ▶ Eat slowly and take small bites.
- ▶ Chew food approximately 20 to 30 times until it is of pureed consistency.
- ▶ Stop eating or drinking with the first sensation of satiety.
- ▶ Take your vitamin or mineral supplements as directed by your dietitian.



## Removal of the Intra-gastric Balloon

YOU MUST have your intra-gastric balloon removed no later than six months (180 days) after it is placed. The balloon can deflate if it is left in place longer than six months a deflated balloon can cause death from bowel obstruction or other health problems. To remove your balloon, your surgeon will do an endoscopic procedure or surgery.

- ▶ 36 hours prior to removal, drink 24 ounces of carbonated soda.
- ▶ 24 hours prior to removal, do not eat solid foods and drink only clear fluids.
- ▶ Do not eat or drink anything 12 hours before the balloon is removed. Food and liquid in your stomach can enter your lungs and cause harm. If you have food in your stomach, you will have to wait until you can go 24 hours without food.

## **ON THE DAY OF REMOVAL**

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- ▶ Before balloon removal, you will be given sedative medications to make you feel sleepy and not feel pain during the procedure. Then your doctor will use an endoscopic tool to deflate the balloon. It will be removed through your mouth.
- ▶ The nurse in the recovery room will watch you for a few hours. They will make sure that you are awake, can swallow and can take sips of water. Most people go home the same day the balloon is removed.
- ▶ You will need to have a support person to drive you to and from the hospital on the day of removal. Avoid driving, using machinery/power tools or making important decisions for 24 hours. You will have sedation and your judgment will be affected without you knowing it. You may have accidents and make mistakes.

## **AFTER BALLOON REMOVAL RECOMMENDATIONS**

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- ▶ DO NOT drive, use machinery or power tools or make important decisions for 24 hours. You will have had sedation and your judgment will be affected without you knowing it. You may have accidents and make mistakes.
- ▶ For the first 24 hours, follow a clear liquid diet (broth, gelatin, ice chips, water, apple juice, coffee, tea). Warm liquids, such as broth, may be better than cold drinks. Do not drink carbonated drinks (soda or pop), which can cause gas and bloating.
- ▶ Rest for 72 hours (3 days) after the balloon is removed. Walking and other light activities are allowed. If you feel dizzy, stand up slowly so you do not fall.

- ▶ Call your doctor if you notice:
  - ▶ Fever or chills
  - ▶ Nausea or throwing up that does not stop
  - ▶ Coughing, spitting or throwing up blood
  - ▶ Bloody or black stools (bowel movement)
  - ▶ Stomach pain which is getting worse
  - ▶ Pain or redness at the area on your arm where the needle was placed for IV fluids
  - ▶ No urination for 12 hours after going home

## **LIFE AFTER THE INTRAGASTRIC BALLOON**

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After the balloon is removed, you must follow a healthy diet and exercise program. If you do not continue your diet and exercise, you may not lose weight or maintain the weight you have lost already.

While the balloon helps you get started with your weight loss, the habits you form are the tools to keeping a healthy weight. Losing weight and keeping it off is not easy and can take a team effort. Your doctor, physical therapist, behavioral health specialist and dietitian will help you through your journey. They will help you with your eating and exercise habits. Be sure to follow up with the Weight Loss & Wellness Center to help you maintain your weight loss.

# ORBERA® Resources

## **orbera.com**

ORBERA® Coach is an online portal that provides convenient access to support and helpful information for ORBERA® patients during their weight loss journey. Available both online and via a user-friendly app, ORBERA® Coach offers post-procedure support to help patients optimize their weight loss with ORBERA® and maintain their weight loss after ORBERA® removal.

Success rates of weight loss programs are much higher with the help of an aftercare program. A few of the tools featured in ORBERA® Coach that aid in long-term weight loss success are one-on-one consultations with an ORBERA®-trained dietitian, a personal journal, healthy recipes, progress and diet trackers and meal planning.

### 1:1 Coaching Sessions

The ORBERA® Coach app is equipped with the technology to connect to your favorite weight or activity trackers. You can link all of your data from ORBERA® Coach with the data that your activity tracker collects so you can monitor every step of your journey.

### My Trackers

Using the progress tracking tool, you can keep track of what you've done and share the information with your support team. If you aren't making progress with your weight loss and your diet isn't going according to plan, this tool can make it easier to isolate the issue and then plan your next steps.

### Connectivity

The ORBERA® Coach App is equipped with the technology to connect to your favorite weight or activity trackers. You can link all of your data from ORBERA® Coach with the data that your activity tracker collects so you can monitor every step of your journey.

### Group Sessions

If you're having a bad day and are in need of some support, chances are you aren't the only one. The group sessions tool is a great way to get in touch with others who are also on an ORBERA® weight loss journey too. Dietitians and lifestyle coaches run sessions on topics like nutrition, fitness and maintaining a healthy lifestyle.

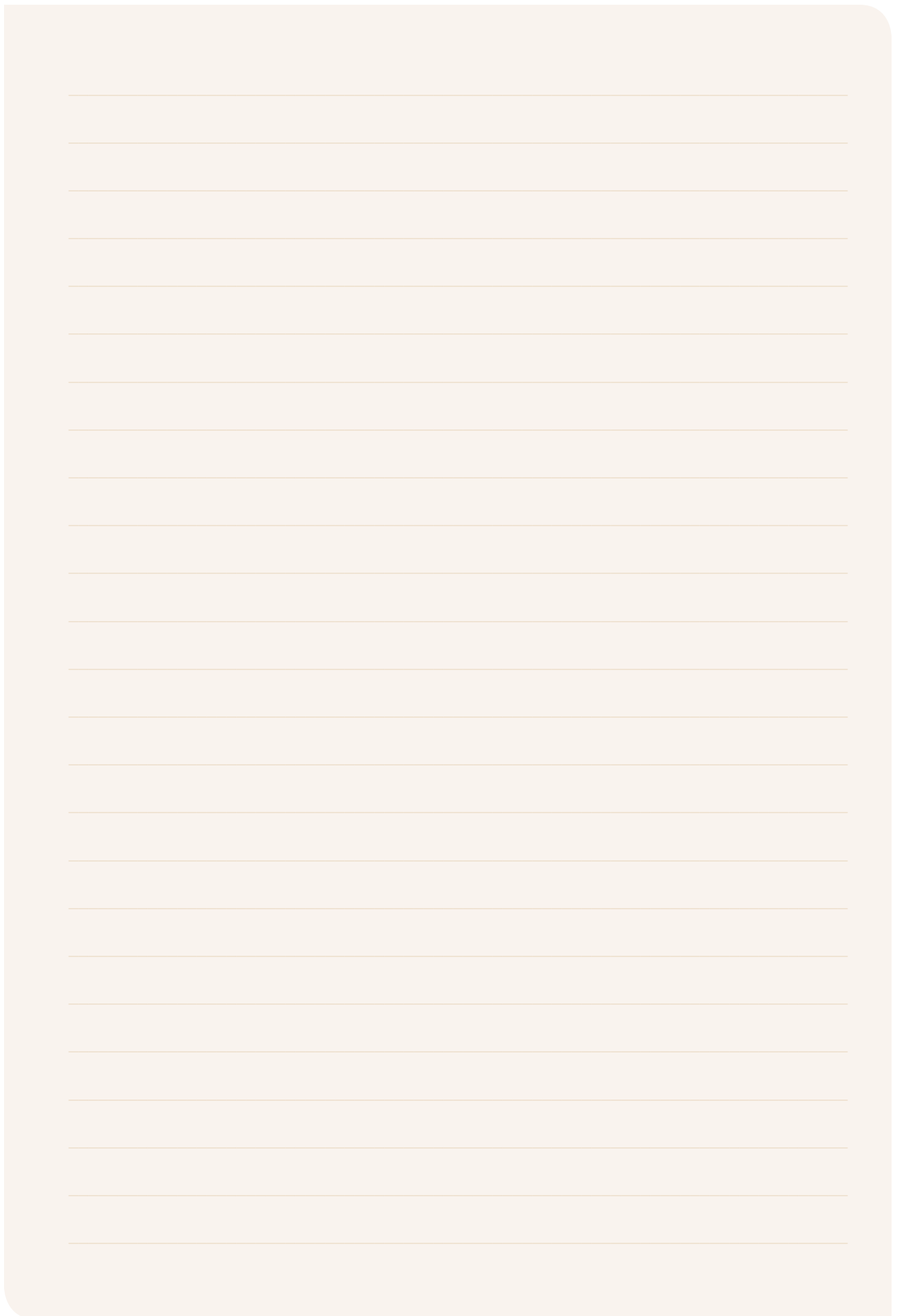
### Content Library

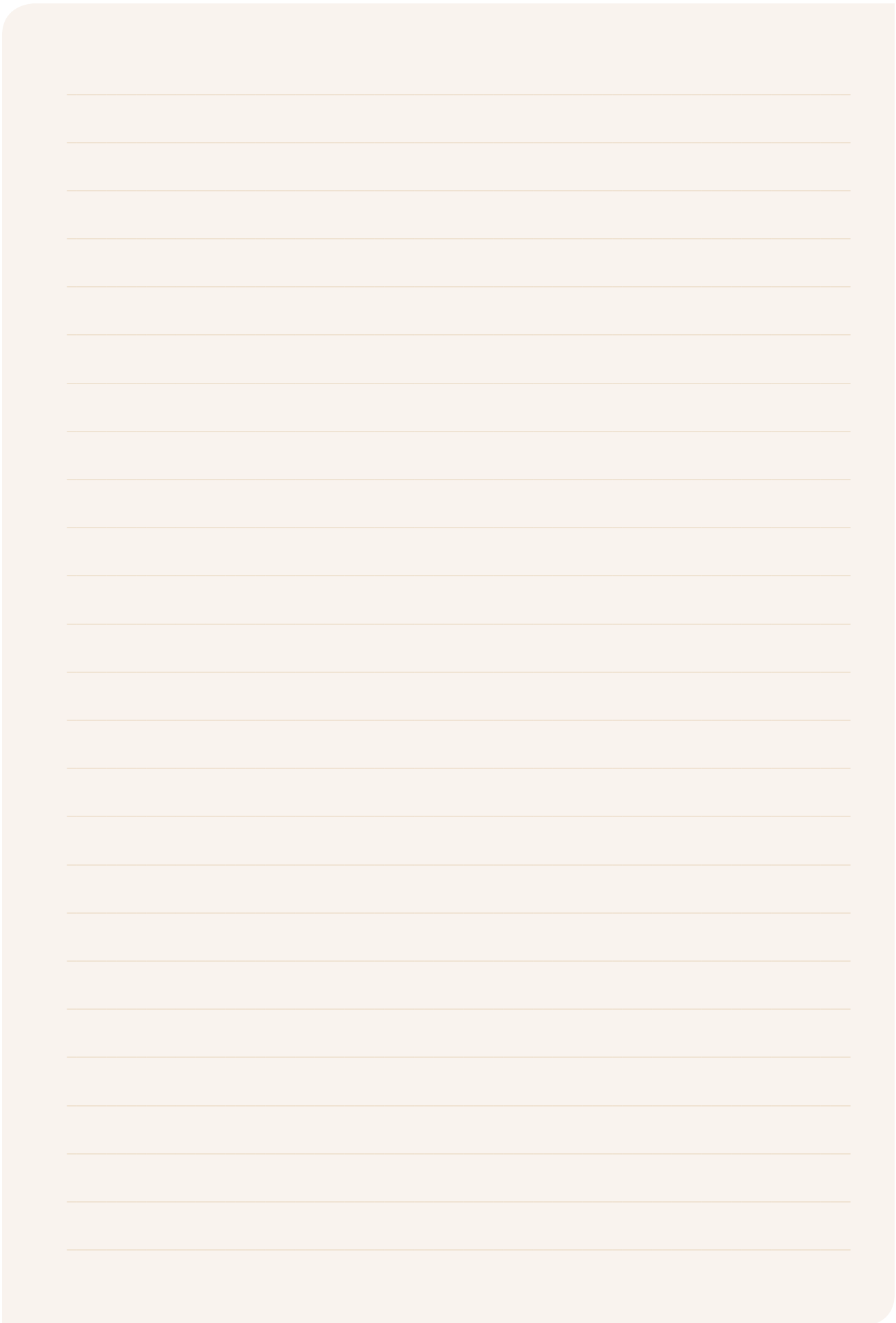
The content library gives ORBERA® Coach users access to articles regarding nutritional, fitness and lifestyle information. These sources provide the guidance needed to help you get the most out of your 12-month ORBERA® program.

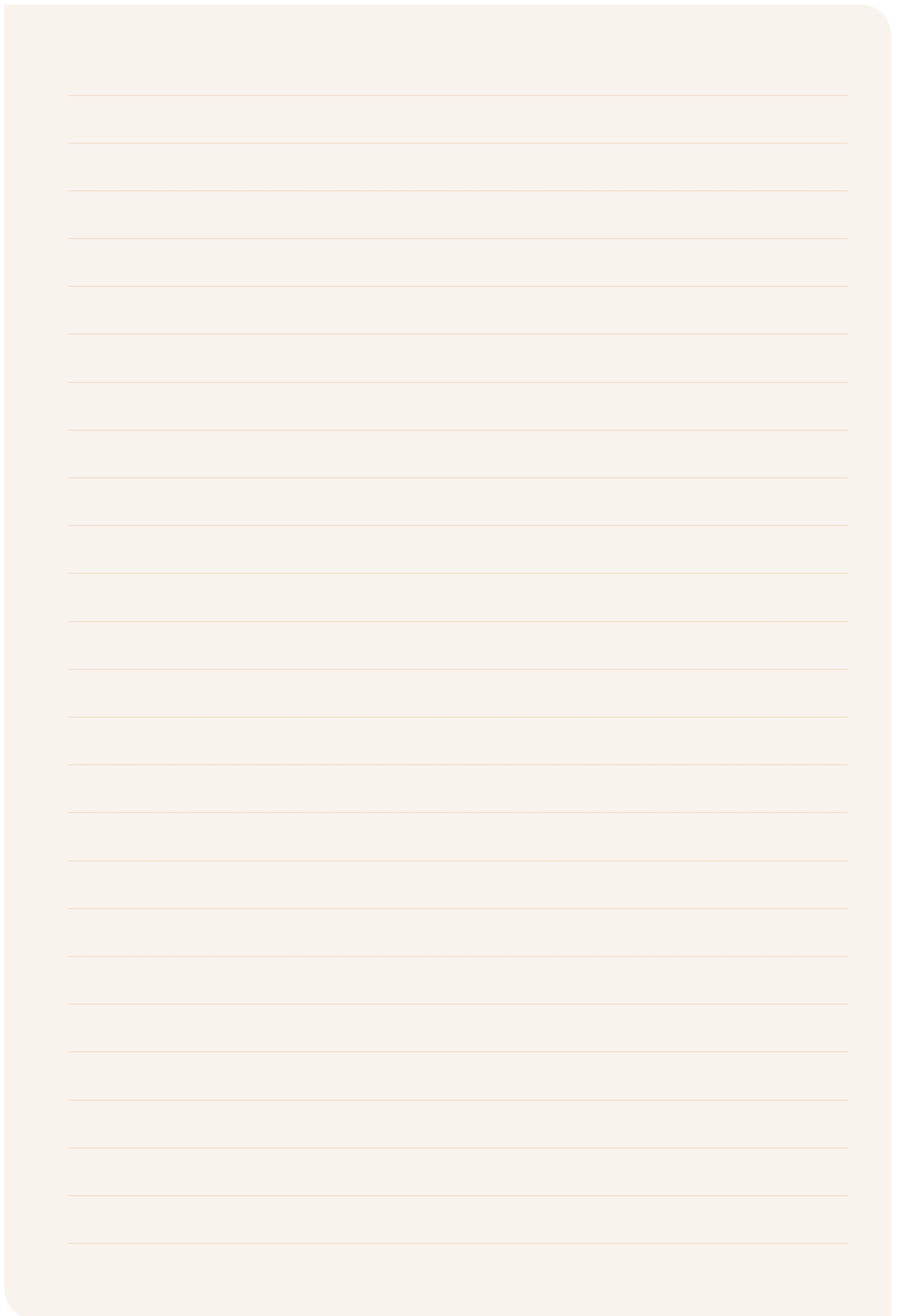
### Recipes

The recipes tool in the ORBERA® Coach online portal and mobile app provide users with many fun and healthy alternatives to some of your favorite meals. Eating healthy doesn't have to be boring thanks to ORBERA® Coach!











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**MemorialBariatricServices.com**