

Radiology Department

Fluoroscopy Intervention: Gastric Band Adjustment

Introduction

At the time your gastric band was inserted you should have been advised that your band would probably need to be adjusted until the setting is most appropriate for your weight loss progress. Once the setting is correct, and you are satisfied with small meals and not feeling very hungry in between meals then your band is generally maintained at that level until you reach your weight loss target.

Adjustments to the band are done under X-ray control following a barium swallow examination that enables the position of your band to be identified. The combined procedures may take up to 40 minutes.

This leaflet explains what both of these examinations involve. It may not answer all of your questions, so if you have any queries or concerns, please do not hesitate to call the telephone number on your appointment letter. If you feel unhappy with any part of your care please ask to speak to a senior member of staff.

Please read this leaflet carefully before the day of your appointment to ensure you successfully prepare for the examination.

Please contact the X-ray Department if your weight is equal to or more than 205Kg (32 stone).

Points to Remember

- Please bring with you to your appointment any sprays or inhalers that you are taking.
- If you are on medication from your doctor please continue to take it as normal.
- We also ask you to leave any valuable possessions at home.
- **If you are diabetic**, please note the preparation for this procedure requires you to starve for **6 hours before** this examination. Contact your GP or diabetic specialist nurse if you have any queries or concerns over how this will affect your medication.

Preparation

Please do not eat or drink anything for **6 hours before** your appointment.



Patient Information

What will happen when I arrive?

- On arrival at the Radiology / X-Ray Department, please report to the reception desk where, once you have been registered, you will be directed to the Fluoroscopy changing rooms and waiting area along Route 2.
- You will be asked to undress and put on an examination gown. Please feel free to bring your own dressing gown to wear over the X-ray gown.
- You will be taken into the X-ray room where the examination will be explained to you and you can ask any questions that you may have.

During your examination

The examination will be performed by a radiologist (X-ray doctor) or an Advanced Practitioner radiographer. He or she will be assisted by a radiographer and a Radiology Department assistant.

Barium Swallow

- A barium swallow will be performed initially to identify the exact location of the gastric band. A barium swallow is an X-ray examination of the oesophagus (which connects the mouth and the stomach).
- You will be asked to swallow mouthfuls of barium contrast, a thick white liquid, which will be observed with the X-ray machine as it passes down your throat to your stomach.

Gastric Band Adjustment

This is a sterile procedure. The radiologist / Advanced Practitioner radiographer will insert a special needle into the rubber valve of the gastric band and inject a mixture of sterile water and contrast medium (a colourless fluid that shows on X-ray images) until the band is adjusted to the required size.

Risks of the procedure

- X-rays are a type of radiation. We are all exposed to natural background radiation every day of our lives; this comes from the sun, food we eat, and the ground. Exposure to X-rays carries a small risk, but your doctor feels that this risk is outweighed by the benefits of having the test. We will take all safeguards to minimise the amount of X-rays you receive.
- There is a possibility that the band may be over tightened. This would cause difficulty swallowing fluids including your own saliva and you may need to be admitted to hospital for fluids to be administered to avoid dehydration until the band is readjusted.

Safety

Patients aged 12-55 years – could you be pregnant? The risks of radiation are slightly higher for the unborn child so you will be asked to confirm that you are not pregnant before the examination can proceed.

After your examination

- Once the examination is complete you may go home or return to work
- You will need to return to a liquid diet for one week
- If you experience difficulty swallowing fluids including your saliva, please contact your hospital doctor or GP urgently.

Patient Information

- Please remember to drink plenty of fluids over the next few days to avoid constipation
- Your motions (stools) may be pale over the next few days
- If you have any other problems after the examination please contact your dietitian

Other Sources of Information

For general information about radiology departments visit the Royal College of Radiologists website: www.goingfora.com

For information about the effects of X-rays read the NRPB publication: "X-rays how safe are they?" on the Health Protection Agency website: www.hpa.org.uk

Please note that the views expressed in these websites do not necessarily reflect the views of UHCW NHS Trust or the NHS.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the telephone number on your appointment letter and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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