

Patient Information

Radiology Department

Aftercare following Gastric Band Adjustment

Name:	Date:
Volume removed =	Volume added =
Current Volume=	

- Contact your dietitian or bariatric nurse specialist without delay if you are worried.

Telephone: 024 76 96 6994 / 6168 / 6155 (during office hours).

If outside working hours, please contact the Accident and Emergency department: via the main Hospital switchboard 024 7696 4000.

- With all procedures where a needle is inserted into the skin, there is a very small risk of infection. If the area around the port site becomes red, inflamed and sore, contact your dietitian or bariatric nurse specialist.

****delete if not relevant to procedure**

**** If your band has been emptied:**

- Be mindful that the band is no longer helping with reducing your food intake and feeling of satisfaction after eating. It will still slow the transition of food however, so slow eating is advised.
- Increase your protein and fluid intake & decrease your carbohydrate intake to help minimise the risk of weight gain.

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- Attend your next appointment with the dietitian

**** If the volume in your band has been increased:**

- The new adjustment may irritate your stomach slightly. This may mean that you are able to drink easily today but could have some difficulty over the next few days.
- **It is very important that you show great caution with your food choices over the next 48 hours.** You should try to keep to fluids or non-bulky foods and do not attempt to eat after you feel fullness or satisfaction.
- If eating is difficult or you vomit after all food, drink only non-fizzy liquids. Try either hot drinks or sucking ice. This will help to reduce the swelling.

Do not be alarmed at this stage as the swelling will usually subside and a normal (small) diet can be resumed. Please keep us informed if you are having problems. Continued vomiting will increase the swelling and should be avoided.

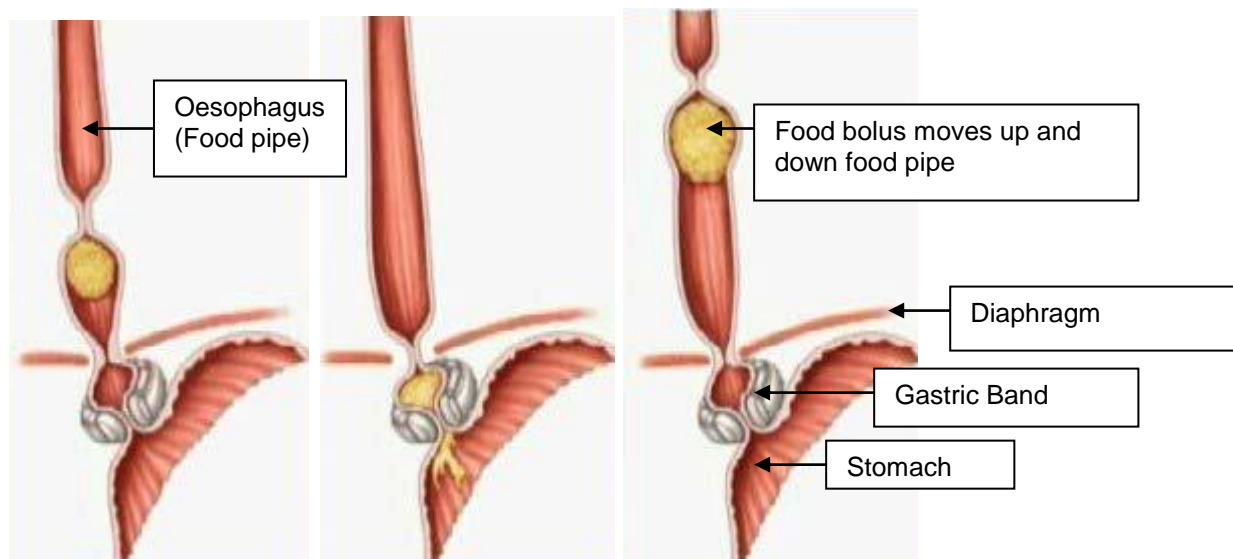
- You should be able to drink within 24 hours, even if you have to take small quantities or suck ice. Delaying drinking after 24 hours should be avoided as it can make you very unwell.
- **If you are unable to tolerate fluids please contact your dietitian or bariatric nurse specialist immediately** as we may need to arrange for the removal of a little fluid.

This can be arranged quickly although you will need to prioritise your other activities to ensure that you can attend at the time offered. Despite what you may read on the internet, you **must** be able to drink.

- You may need to try different foods with this new adjustment.
- **Do not** only eat soft easy foods such as minced meat, shepherd's pie or mash. This is because the band does not work at its best when foods slip through too easily. Avoid high calorie liquids such as juices, smoothies, alcohol, lattes and hot chocolate. Continuing to take these types of drinks regularly will slow down your weight loss and may even result in weight gain.
- If you stop losing weight, you may not necessarily need another fill, please keep a food diary and discuss your dietary intake with your dietitian. You may just need to try bulkier foods.

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- Remember that food moves up and down the food pipe before passing through the band whilst it stimulates the vagal nerves that send signals to your fullness centre in the brain.



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