

Radiology

Fluoroscopy Intervention: Gastric Band Adjustment

Introduction

At the time your gastric band was inserted you should have been advised that your band may 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 after a barium swallow examination that lets us see the position of your band. The combined procedures may take up to 40 minutes.

This leaflet explains what both examinations involve. It may not answer all your questions, so if you have any queries or concerns, please 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 before your appointment if your weight is equal to or more than 205Kg (32 stone).

Points to Remember:

- Please bring any sprays or inhalers that you are taking with you on the day of the appointment.
- If you are on medication from your doctor, please continue to take it as normal.



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- We also ask you to leave any valuable possessions at home.
- **If you are diabetic**, you should not eat or drink anything 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.

What will happen when I arrive?

- On arrival at the Radiology / X-Ray Department, please go 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. You can 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. They will be assisted by a radiographer and a Radiology department assistant.

Barium Swallow

A barium swallow will be performed to find the exact location of the gastric band. A barium swallow is an X-ray examination of the oesophagus (the food pipe 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 oesophagus 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

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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 and given fluids 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 begin.

After your examination:

- Once the examination is complete you may go home or return to work.
- Dependant on the outcome of your examination, you will be advised if you need to make any adjustments to your diet.
- If you have trouble swallowing fluids including your saliva, please contact your hospital doctor or GP urgently.
- Please remember to drink plenty of fluids over the next few days to avoid constipation.
- Your poo (stools) may be pale over the next few days.
- If you have any other problems after the examination, please contact your dietitian.

Patient Information

Other Sources of Information

For information about the effects of X-rays and information about radiology departments visit the NHS website: <https://www.nhs.uk/conditions/x-ray>

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.

Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:
www.uhcw.nhs.uk/feedback



Document History

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