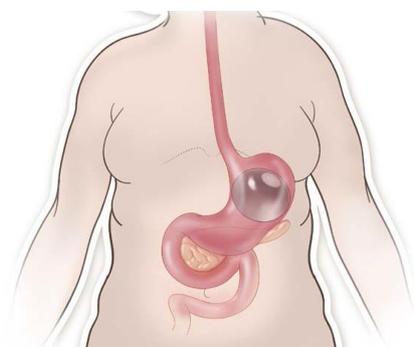


General Surgery and Specialist Weight Management Services

Information for patients having a gastric balloon insertion



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A gastric balloon is a soft silicone balloon that sits in the top of your stomach. It limits the amount of food you can eat by making you feel fuller more quickly after eating a small meal. It can lead to weight loss when used alongside a healthy diet.

The balloon used at UHCW is the Orbera 365 which can remain in your stomach for a maximum of 12 months.

What the procedure involves

The gastric balloon is placed into the stomach through the mouth and food pipe (oesophagus). You will be given sedation (light anaesthetic) during the procedure.



Patient Information

A thin flexible camera is passed into your stomach (endoscopy) to check the inside of your stomach is healthy and suitable for the placement of the gastric balloon.

The camera is then removed and you will swallow the rolled-up balloon at the end of a catheter or small tube. This is the same size as the camera and is no more difficult to swallow.

The flexible camera is then reintroduced and the balloon is inflated under direct vision with saline and a blue dye.

The whole process takes about 30 minutes and you can go home the same day.

How to prepare for having a gastric balloon insertion

You'll be asked to attend a group information session at UHCW. Here you will be given information about the procedure as well as dietary information for after the procedure. You will have the opportunity to ask any questions you may have.

Medicines

- 7 days before the procedure you will be started on a medicine called a proton pump inhibitor to reduce your stomach acid.
- You'll then need to continue on a proton pump inhibitor while the balloon is in place.
- For the first 3 weeks after the balloon is inserted, we'll provide you with medicines to reduce nausea and discomfort.
- Take an A-Z multivitamin once per day when you have the balloon in place.

Diabetes or blood thinning medicines

Tell us if you are taking medicines to treat diabetes or blood-thinning medicines. You'll need to be given special instructions and your dose may need to be changed.

Patient Information

Diet

You'll need to be on a smooth liquid only diet for **2 days before the procedure**. The types of liquid you can have include:

- thin soups
- milk
- SlimFast /Complan
- yoghurts

Do not eat or drink anything for 12 hours before the procedure.

After the procedure we will guide you in a very gradual reintroduction of diet over the first 3 weeks. You should also be provided with the leaflet 'Dietary advice for patients after a gastric balloon insertion.'

On the day of the procedure

You will attend the endoscopy department or ward. The surgeon and other members of the team will explain the procedure and ask you to sign a consent form.

The procedure will either take place in the endoscopy department or in the operating theatre.

After the gastric balloon insertion, you'll remain in the department or ward for at least 1 hour, until the initial effects of the sedation (light anaesthesia) have worn off. This is because the sedation or anaesthetic drugs can make you feel sleepy and forgetful.

The nurses will monitor you and ask you to start having small sips of water from a teaspoon. It's important not to drink too quickly or gulp - you may be sick or experience pain.

You must have an adult to accompany you home and remain with you for at least 24 hours. This is because you may still be sleepy and forgetful from the sedative.

Patient Information

For 24 hours after the procedure, do not:

- × do not drive
- × do not consume alcohol
- × do not operate machinery
- × do not sign important documents

Discharge home

When you are ready to go home, you will be given:

- anti-sickness medicines
- a card to keep with details of the balloon that was inserted
- a leaflet giving you dietary advice to follow

Follow up appointment

You'll receive details of follow up appointments via the post. These will be at:

- 7 to 10 days, by telephone or video, with a bariatric nurse.
- 4 to 5 weeks, with a specialist dietitian.
- 8 weeks, with a bariatric nurse, in the WISDEM centre outpatient clinic.
- 6 months, with a specialist dietitian.
- 9 months, with a specialist dietitian.

Side effects

There can be some side effects with a gastric balloon insertion. It usually takes around 3 to 5 days for the worst of the symptoms to resolve, but it can sometimes take longer.

Cramping, nausea and vomiting

These are very common in the first 3 to 5 days following gastric balloon insertion as the stomach is not used to having it in place.

Patient Information

You will be given anti sickness medicines to take at home.

To help with nausea, try to move around. This will help with the transit of food from the stomach to the gut.

Follow the dietary instructions you are given in the dietary advice leaflet very carefully.

Heartburn and acid reflux

These are common. Continue to take the proton pump inhibitor medicine (omeprazole or lansoprazole) while you have the balloon in place. This will reduce the production of acid in your stomach.

Constipation

This can occur especially in the initial stages as you are eating less than normal and also have less fibre in your diet.

Drink plenty of fluids, increase fibre when possible, and keep active.

If you experience discomfort, you can take laxatives.

Tell us if constipation continues to be a problem.

Bad-smelling belching or burping

This can be a problem and may be from food getting stuck to the balloon.

Try moving around as this helps reduce the likelihood of food getting stuck around the balloon. Always chew your food well.

Drinking clear fluids or having a small amount of a fizzy drink or sucking on ice cubes can help clear digesting food off of the balloon.

Risks or complications

Most people do not experience any complications. But there are small risks associated with a gastric balloon insertion. If you suspect any of these complications, seek immediate medical attention:

- bleeding or damage to the oesophagus or stomach during balloon insertion or removal

Chest infection

This may happen if fluid from the stomach refluxes backwards, causing it to enter the lungs during gastric balloon insertion or removal. This is extremely rare.

To reduce the risk of this complication, you are asked to:

- follow the smooth liquid diet for 2 days before the procedure
- be completely fasted for 12 hours before the procedure

Rupture of the balloon

The blue dye inside the balloon acts as a “warning system.” If the balloon bursts, the dye is absorbed by the gut and changes your urine to a blue / green colour for a short time.

This is a sign you must seek immediate medical attention and contact the bariatric team.

Bowel obstruction or perforation

If the gastric balloon deflates, it may slip into the lower stomach or bowel and cause an obstruction.

This would give symptoms of severe abdominal pain, vomiting and progressive bloating. Seek immediate medical attention.

Acute pancreatitis

This can occur if the balloon causes an injury to the pancreas.

Patient Information

Symptoms may include nausea, vomiting, abdominal or back pain. This is a sign you must seek immediate medical attention.

Spontaneous hyperinflation of the balloon

This is caused by the growth of bacteria in the fluid inside the balloon. This would cause abdominal swelling and pain.

Rapid release of this fluid into the intestine can cause infection, fever, diarrhoea or abdominal cramps.

Contact details

Bariatric Co-ordinator

024 7696 6994

Specialist dietitians

024 7696 6161

Specialist nurses

UHCW Hospital Switch board Tel. 024 7696 4000

Jenny Abraham Bleep 2660

Amy Wride Bleep 4811

Geraldine Buenaventura Bleep 5907

Out of hours

Surgical Assessment Unit, Ward 12

024 7696 6996

Or attend UHCW Emergency Department

The Trust has access to interpreting and translation services. If you need this Information in another language or format, please contact 0247 696 6186 and we will do our best to meet your needs.

Patient Information

The Trust operates a smokefree 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



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