



Intragastric Saline Balloon

Pre and Post Procedure Instructions

Procedure Details

The intragastric balloon is a relatively new weight loss procedure which involves placing a soft, deflated, balloon inside the patient's stomach either through the use of an endoscope or by swallowing a capsule. Placement of an intragastric balloon is a non-surgical, minimally invasive procedure that is performed on an outpatient basis. The procedure takes only about 20-30 minutes and requires minimal recovery time. The intragastric balloon has been approved for use outside the US for many years. Several hundred thousand of these devices have been placed world-wide.

Once the intragastric balloon is inserted, the empty balloon is filled with sterile saline or a gas mixture. The balloon takes up space in the patient's stomach, limiting food intake and reducing feelings of hunger. The balloon remains in place for 6 months, during which time the patient should participate in a behavior modification program and a medically supervised diet. After 6-8 months, the balloon must be removed which requires a short endoscopic procedure.

General Qualifications for the Intragastric Balloon Procedure

- The Intragastric Balloon Procedure is ideally suited for patients who:
 - Have a BMI of 30-40 with or without a weight-related comorbidity
 - Have a BMI over 40 but not interested in surgery (off-label)
 - Have been unable to achieve their weight loss goals through diet and exercise.
 - Are uncomfortable with, or ineligible for, other types of weight loss surgery.
 - Are willing to participate in a medically supervised diet and behavior modification program.
 - Are considered to be at least 25 pounds overweight.

Off-label means usage of the device outside the indications for which the FDA approved it. This is allowed in the US as long as the patient is informed of the off-label use and desires to proceed.

Conditions that would prevent a patient from having the Intra-gastric Balloon Procedure include:

- Previous weight loss surgery
- Any inflammatory disease of the gastrointestinal tract
- Potential upper gastrointestinal bleeding or other congenital anomalies
- Large hiatal hernia or structural abnormality in the larynx or esophagus
- Any condition that would hinder endoscopy
- Unwillingness to participate in the supervised diet and behavior modification program
- Drug or alcohol addiction
- Pregnancy or breastfeeding
- Past or present psychological disorders
- Regular use of blood thinners

The intra-gastric balloon is ideal for patients who are moderately overweight and want to begin with a less invasive weight loss procedure. Patients who are ready to start a healthy, new lifestyle that incorporates regular exercise and dietary modifications will benefit greatly from a managed weight loss program. Sustained weight loss is achievable with the assistance of our support team, and we are committed to your long-term weight loss success!

Please be sure to read the information below carefully, as it outlines important steps that you should take to ensure a successful procedure!

Prior to Your Procedure

You will need to be on Prilosec 40 mg (or the generic omeprazole) once daily, which can be started up to 2 weeks prior to the procedure. **Note that this is double the strength of Prilosec OTC! You must stay on this until your balloon is removed.**

The Day of Your Intra-gastric Balloon Procedure

You will need a driver due to the sedation during the procedure.

You cannot drive yourself home or take an Uber!

Your procedure will be at *JourneyLite, 10475 Reading Road, Cincinnati OH 45241*. If you have any questions for the center, they can be reached at 513-259-2488. Maps & directions can be found at JourneyLite.com. **You will need to pre-register prior to your procedure on JourneyLite.com so please do that as soon as possible. Please note that this online registration is separate from any that you have done already for office appointments with JourneyLite Physicians.**

Before your intra-gastric balloon placement, you should abide by the following diet progression:

- **72 hrs before procedure:** Soft food only, no meats or vegetables in any form.
 - **Examples:** scrambled eggs, boiled eggs, fried eggs, egg salad, egg beaters. Carbmaster milk, fairlife milk, protein shakes, yogurt, cottage cheese, and string cheese
 - Canned fruits, applesauce, sugar-free pudding
 - No-sugar-added peanut butter
 - Mashed potatoes, no skin

- **48 hrs before procedure:** Full liquids only.
 - **Examples:** Carbmater milk, Fairlife milk, protein shakes, sugar-free pudding, cream of tomato
- **24 hrs before procedure:** Clear liquids only.
 - **Examples:** Strained beef, chicken, and vegetable broths
 - Water, sugar-free flavored drinks (Mio, Crystal Light, sugar-free Kool Aid, etc), Propel, Gatorade Zero, sugar-free popsicles, sugar-free jello
 - Black coffee or tea with sugar substitute
- **12 hrs before procedure:** No foods or liquids by mouth after this point.

The soft food/full liquid/clear liquid diet phases are to ensure that there is no solid food left in your stomach that might cause us to have to cancel your procedure.

During your balloon insertion an endoscopy will be performed to determine that your anatomy is normal, then if so the deflated balloon will be inserted into your stomach through the mouth, and then filled with sterile saline. The procedure is generally uncomplicated and lasts 20-30 minutes. You will regain awareness quickly and be monitored until your doctor discharges you (usually an hour or so). Someone will need to be available to drive you home.

After Your Intra-gastric Balloon Procedure

*After the placement of the intra-gastric balloon, **ALL patients experience some gastric discomfort, nausea, and vomiting for the first week after the procedure.***

This is normal, as your digestive system is adjusting to the presence of the intra-gastric balloon. You will be given medications to help you manage these symptoms. Please use these medications liberally for the first few days to minimize nausea issues. Please call us if you feel like you are not able to control your symptoms, do not go to the ER unless you feel like there is a life-threatening condition.

Nausea and vomiting is to be expected, especially in the first week after surgery. You will be provided the following medications:

Emend (generic is aprepitant)

- take one tablet on arrival to the surgery center, and one each morning for 2 additional days

Zofran (generic is ondansetron):

- take one tablet by mouth 4 times daily for 72 hours
- there are 2 refills on this prescription if nausea persists beyond 72 hours

Levsin (generic is hyoscyamine):

- dissolve one to two tablets under tongue every 4 hours as needed for spasm/cramping

There may be other medications prescribed as well.

If vomiting persists despite the use of these medications, please contact us for further instructions.

Prilosec (generic is omeprazole):

- It is mandatory to take this medication (40mg, not the OTC dose which is 20mg) for the entire duration of your balloon therapy in order to prevent ulcers. It is also recommended to minimize the use of NSAIDs such as aspirin, ibuprofen or Aleve.

Reglan (generic is metoclopramide):

- **This medication is not to be used until your balloon removal, so you will need to get it filled at a later date closer to your removal.** Start taking it 4 times daily beginning 48 hours prior to your scheduled removal procedure.

Gastric Balloon Week 1 Diet

Days 1 – clear liquids only

- 100% fruit juice (apple, grape, cranberry)
- Clear broth (chicken, beef, and vegetarian)
- Sugar free popsicles
- Sugar free gelatin
- Water and/or ice chips
- Crystal Light or Sugar Free Kool-Aid
- Decaf Teas and Coffee
- JourneyLite Supplements: fruit drinks, gelatin, protein bouillon, and hot beverages available at LoseWeightCincy.com and all office locations

Avoid the following items day 1

- Carbonated beverages
- Sugary drinks (sweet teas)
- Citrus juices (orange, grapefruit, pineapple) and tomato juices
- Juice drinks (Hawaiian punch)

Days 2-7 – full liquid/puree

- Protein Shakes (Premier shakes, Atkins, Low Carb Slim Fast)
- Yogurt (carbmaster, Fit and Lite Greek High Protein)
- Milk (skim, 1%, skim milk, almond milk, soy milk) (all unsweetened)
- V-8 juice, tomato juice
- Scrambled eggs
- Sugar free pudding
- Cream soup (strained): cream of chicken, cream of mushroom, cream of broccoli
- JourneyLite Supplements: protein shakes and pudding, oatmeal, mash potatoes, scrambled eggs, tomato soup

Avoid the following items days 2-7

- Foods with chunks or large pieces
- Sugary desserts (ice cream, regular pudding, cream pies)
- Carbonated beverages

After seven days, you can transition to semi-solid foods. You gradually will transition to solid foods. The length of time for this transition depends on how your body is adjusting to the process. Don't rush and be sure your body is comfortable before you move into the next phase of eating!

Some Helpful Tips:

- Plan 3 small meals and 2 small snacks every day.
- Watch your posture during meals and while drinking fluids. Sit tall and do not slouch. This will help with your balloon position properly and increase your tolerance for solids.
- Stop eating when you feel full. One additional bite may be too

- Do not drink liquids for 30 minutes before your meal and wait 30 minutes after to drink.
- No solid food starting 3 hours prior to bedtime.
- Use your anti-nausea medications as prescribed by the physician.

As soon as you feel well enough (usually about 1-2 weeks), you may start an exercise program. We recommend getting an activity tracker, such as a FitBit, and aiming for 10,000 steps per day. If you do this your weight loss will be greatly enhanced!

You will meet regularly with your support team to receive nutritional training and to monitor your progress. Over the next 6-8 months, this will be an important part of your successful lifestyle change. For patients following the program, our goal weight loss during the first 6 months is 30-50 pounds. Higher-BMI patients will typically be on the high end of this range, and lower-BMI patients on the lower end. Please note that weight loss is not a guarantee with this procedure; there are some patients who do not follow the program and do not lose weight at all.

Removing Your Intra-gastric Balloon

Removing the intra-gastric balloon is a similar process to insertion of a saline balloon, but is done in reverse. The main difference is that we need to take some steps to make sure there is no solid food present in your stomach that could lead to aspiration into your lungs at the time of removal. If you do not follow these steps, we may be unable to remove your balloon which means we would have to do another removal procedure after your stomach is emptied.

You need to begin a medication called Reglan (generic is metoclopramide) 48 hours prior to your balloon removal. This should have been prescribed with your initial medications--if not, please contact us with your pharmacy info so that we can arrange this.

You should also refrain from solid foods for 48 hours before the procedure. During this time it is helpful to take frequent sips of Diet Pepsi, Diet Coke or Coke Zero. This is to prevent any food from being present in the stomach on the day of your balloon removal, which could lead to aspiration into your lungs. The carbonation in the diet soda helps to clean the balloon and also move solid food out of the stomach. You should also have nothing at all to eat or drink for 12 hours prior to the procedure as you will be sedated.

First your doctor will remove the sterile saline or gas from the balloon(s), then remove the deflated balloon(s). The process should take 20-30 minutes and you will be observed for a time afterward to ensure that you are able to be released. Someone will need to be available to drive you home.

After the Intra-gastric Balloon is Removed

After removal of the balloon we highly recommend enrolling in one of our appetite suppression programs to assist with reducing hunger and to help maintain your weight loss. For more information call our office or send an email to psr@curryweightloss.com.