

# GASTRIC BALLOON PROCEDURE

## What is the Gastric Balloon?

The Gastric Balloon is a soft, expandable, silicone balloon shaped device that is placed inside the stomach via endoscopy and remains there for a six month period. It is filled with a saline solution, which, when full, sits in the upper part of the stomach, reducing the capacity of the stomach. This creates a feeling of fullness and satiety and does not allow for overeating.

The balloon remains in the stomach for a six-month period, where it is removed the same way it was placed, via endoscopy.

## How Is the Gastric Balloon procedure performed?

The balloon is introduced into the stomach through the mouth via endoscopy, without the need for surgery. The physician inserts an endoscopic camera (gastroscope) into the stomach. If no abnormalities are observed, the physician proceeds with the placement of the balloon through the mouth and down the oesophagus into the stomach. Once the balloon is inside the stomach, it is filled with sterile saline through a small filling tube attached to the balloon. Once filled, the doctor removes the tube by gently pulling on the external end, leaving the balloon inside the stomach.

The procedure is performed at several private Day Surgeries and Private Hospitals throughout the Sydney region by a qualified specialist Gastroenterologist, in conjunction with an Anaesthetist and trained nursing staff.

Placement of the balloon takes approximately 15-20 minutes, after which time you will be monitored by nursing staff in the recovery bay. As this is a “day-only” procedure, you can generally be escorted home within two hours after the balloon is inserted.

Patients may feel quite nauseous for the first few days after the procedure. You will have been given a prescription for various medications to help control these symptoms. Once home, it is recommended that you rest for the first three days.

## How Much Weight can be lost with the Gastric Balloon?

Studies have shown that patients can lose 15-20 kilos or more, however, it is important to understand that the Gastric Balloon is an aid to weight loss and must be used in conjunction with diet, exercise and a behavioural modification program. The amount of weight one can lose depends on how closely individuals adhere to the programme and adopt long-term healthy lifestyle changes.



## **Our Lifestyle Team**

We offer a twelve month programme. Ongoing support is offered during this time, with individuals meeting regularly with our Lifestyle team, which consists of our Dietitian as well as our Fitness & Lifestyle Coordinator.

They work with the patient to help tailor an individual programme, setting obtainable goals and working closely with each person to achieve maximum results.