

Orbera® Gastric Balloon

What is the ORBERA® Managed Weight Loss Programme?

The ORBERA® Managed Weight Loss Programme is a medical procedure for weight loss that focuses on developing long-term, sustainable, healthy habits. The comprehensive, two-part program starts with a soft, intra-gastric balloon placed into your stomach for six months to encourage portion control.

The second part of the program is very important because it helps you maintain the weight loss. We will work with you to guide you through the process of developing a healthy, balanced diet and support you in making healthy lifestyle choices.

ORBERA® is indicated for people with a BMI of 27 kg/m² and above, between the ages of 18 – 70 years.

How do I lose weight with the ORBERA® Balloon?

An ORBERA® gastric balloon is a non-surgical, temporary device which is placed in your stomach for 6 months to assist you with your weight loss. The balloon is made of a durable silicone material and is latex free. It works by taking up space in your stomach. When combined with a healthy diet and exercise the balloon helps control portion sizes and facilitates weight loss.

The ORBERA® balloon works by occupying about one third of the stomach cavity, decreasing the amount of food the stomach can hold. When combined with a healthy diet and exercise the balloon helps control portion sizes and facilitates weight loss. The balloon assists with weight loss via three potential mechanisms; delaying gastric emptying, reducing gastric volume and stimulating 'stretch' receptors in the stomach which signals the brain to initiate a feeling of fullness.

Your dietitian will meet with you throughout the program to help you implement positive dietary and lifestyle modifications. Healthy food choices and lifestyle changes will be easier to maintain with the ORBERA® balloon in place.

How much weight will I lose with the ORBERA® Balloon?

Clinical evidence suggests an average of 10-15kg in 6 months, however this is dependent on the patients' starting weight and how well they adapt to the lifestyle changes. Your success depends on whether you make the necessary dietary and lifestyle adjustments and how well you apply them. After 12 months with the two-part program, patients lost over 3 times the weight of diet and exercise strategies alone.

Do I need to inform my primary care provider?

For continuation of care **it is essential that your general practitioner is aware of your choice to undergo this procedure.** Correspondence from all clinical appointments, as well as test results and procedure reports will be copied to your general practitioner. If you are not currently enrolled with a primary care physician, you will need to do so before electing for this procedure.

How is the procedure performed?

The procedure is performed by a gastroenterologist via a gastroscopy under sedation, in which the balloon is inserted into your stomach via your mouth. Immediately after the balloon is placed and is filled with sterile salt water, you will regain complete awareness and remain in the clinic for observation until the doctor discharges you. The procedure takes 10-20 minutes and you will be able to go home the same day.

After 6 months, the intra-gastric balloon is removed through the mouth in a similar manner, under the same supervised conditions.

How long does it take to recover after the procedure?

You should plan at least three days of inactivity to recover from the procedure. You will be able to resume normal activity sooner or later depending on how quickly your body adjusts to the balloon. The first few days following insertion of the ORBERA® intra-gastric balloon can be challenging. As the stomach adjusts to the balloon you may experience nausea, vomiting, cramping, heartburn or discomfort. These side effects are temporary and you will be prescribed medication to help manage them.

Is the ORBERA® Managed Weight Loss Programme proven?

The system has been evaluated in over 230 global clinical studies showing an average weight loss of 10-15kg in the 6-month time frame. There has been over 300,000 procedures performed worldwide with ORBERA®. Seventy to eighty percent of weight loss typically occurs during the first three months of treatment. Having a team of experts to help you overcome the challenges of retraining your appetite, adopting new dietary habits, and establishing a reasonable exercise routine will be essential to meet your long-term weight loss goals.

Are there side effects or complications with the balloon?

Cramping, nausea, reflux and vomiting are common symptoms though generally not harmful. For most these are mild to moderate in severity. Please use recommended medications and the initial liquid diet to alleviate side effects until they subside, typically within three days to a week. If you experience persistent problems follow the guidance of the medical team and drink plenty of fluids.

Are there any foods I should avoid with a gastric balloon?

You may find it difficult to tolerate some foods and this varies from person to person. Common foods known to cause problems may be dry meat, soft white bread, stringy or very fibrous vegetables, sweet corn, peas, nuts, dried fruit, pips and seeds. Avoid these until you have established yourself on your solid diet and always try foods cautiously. If you don't tolerate a food, try it again in a few weeks' time. There is a lot of adaptation in the first few months. It is highly likely you will manage most foods with time.

Can I drink alcohol with a gastric balloon?

It is not recommended that you drink alcohol for the first three months after your procedure and you may feel the effects of alcohol more quickly than before. Take special care when driving as it may affect your legal limit and reaction speed. Alcohol is very high in calories (particularly alco-pops and stronger wines or lagers) and contains no nutrients. It can also stimulate appetite which is another reason not to drink frequently.

Can I drink carbonated beverages after the procedure?

We advise against carbonated drinks in the first few weeks after the procedure. Carbonation initially causes gastric irritation and can stretch your stomach causing you to overeat. Many patients experience discomfort from the gas. It is recommended that you avoid fizzy drinks, beer, champagne, or sparkling water. An

exception to this having a sip of sparkling water to combat the effects of bad breath as a result of food getting 'stuck' on the balloon.

Will I need to take vitamins after my procedure?

Whilst it is not essential, you may wish to take a multi vitamin and mineral supplement in the initial period after your procedure. The reason for this is that during this time you may only manage very small portions and your diet may not be able to provide all the nutrients that you require. As you progress through the stages and start to get into a routine with your meals you should no longer need this supplementation. See section on Vitamin and Mineral supplements.

Do I need to avoid any medications?

All of the medications that you are taking should be discussed with the weight-loss physician at the initial review. Some medications will require dose adjustment and some medications are not permitted. Anti-inflammatory medications (non-steroidal anti-inflammatories, NSAIDs) are not permitted. Blood thinners and anti-platelet agents are not permitted (low dose aspirin 75-100 mg is permitted).

Are there any risks associated with using the ORBERA® balloon?

As with other gastric procedures there is the risk of injury to the lining of the digestive tract with the endoscope or the balloon which can result in mucosal damage, ulceration, and bleeding. If significant gastric ulceration occurs this can require early balloon removal. Perforation is a very rare, but severe complication which requires operative intervention and can be potentially life threatening. Spontaneous deflation of the balloon releases a blue colour into the stomach which turns your urine green. If this happens, the balloon should be removed within 24-48 hours. Failure to do this can result in migration of the gastric balloon causing bowel obstruction requiring surgical removal. This is a rare complication. In a small proportion of patients (~15%) severe intolerance to the balloon (persistent nausea, vomiting, abdominal discomfort, and other symptoms) may require early balloon removal. The median time for balloon removal in patients who tolerate the Orbera poorly is 3 months (range 2-weeks to 5 months).

What is the advice around pregnancy and the ORBERA® balloon?

It is strongly advised that women do not conceive while the balloon is implanted, as pregnancy will result in the balloon having to be removed early. Contraception should be used while a balloon is in place. If you are already pregnant, we will not be able to proceed with a balloon implant. Women are also advised not to become pregnant within three months of having their balloon removed, due to the possibility of nutritional deficiencies during the weight loss period.

Is Psychological Support Available?

Behaviours, thoughts and feelings are associated with overeating. This may have resulted in habits such as large portion sizes, grazing throughout the day, overeating in social situations, or on your own, as well as night eating syndrome. Eating in response to stress, trauma, grief or low mood can also be linked to binge eating, eating for comfort or as a coping strategy and/or a food addiction.

To achieve sustained weight loss these eating patterns are replaced with habits and responses that support you to maximise weight loss and maintain control following the balloon's removal.

Psychological support is valuable pre-insertion, while the balloon is in place and following its removal, and is included as part of the ORBERA® gastric balloon package at the 3-month mark. This will assist you to identify what your triggers are for overeating. Support while the balloon is in place focuses on establishing new habits. After removal an individualised programme is developed to help achieve long term weight control. If required, additional appointments may be purchased to supplement your package.

For more information:

<http://www.orberaweightlossystem.com.au>

<https://www.youtube.com/user/ORBERRAAU>

[CLICK HERE for the ONLINE ASSESSMENT](#)

