

Gastric balloon - Contraindications & post-treatment recommendations

The contraindications for the intragastric balloon placement include:

- duodenal and gastric ulcers,
- inflammatory conditions of the esophagus,
- Crohn's disease,
- esophageal or gastric varices
- hereditary or acquired intestinal telangiectasia,
- large esophageal hiatal hernia and esophageal changes,
- previous stomach surgery, including bariatric procedure,
- mental disorders,
- alcohol and drug abuse,
- diagnosed kidney, liver or lung diseases,
- chronic steroid therapy,
- pregnancy and breast feeding.

Post-treatment recommendations

During the first few days after placing the balloon patients will feel uncomfortable as the stomach must get used to the presence of the balloon. They may experience nausea, vomiting, bloating, diarrhea and cramping until the body adjusts. These conditions are normal and should be expected.

Adequate hydration is critical during the first few days. Patients should drink a lot of water and avoid eating solid foods.

The diet for the first three days should include:

- fruit juices, still mineral water,
- milk, yoghurt, cottage cheese,
- thin soups, food supplements based on yoghurt,
- jellies

The products that should be avoided include:

- coffee,
- fizzy drinks,
- fatty foods,
- chocolate,
- ice cream,
- alcohol

During the initial period of the treatment patients should:

- plan the first days appropriately, so that they do not get engaged in any excessive physical activity and exhausting work,
- drink cold liquids in small amounts, beginning with a teaspoon and gradually increase the amount of the liquid. If liquid is taken in large amounts, there is a risk of nausea and vomiting,
- doctors and assistants of the Clinic will be on call for the first days after the placement of the balloon and will deal with any problems a patient may report.

After a few days of a liquid diet patients will be ready to begin the transition to semi-solid, and then to solid foods. The pace of the transition will depend on the progress in adapting to new conditions and how the body tolerates the liquids. It is essential that the transition is made slowly without trying to rush anything.

Recommended diet should include:

- porridge,
- baby food,
- thicker soups,
- fruit purees

The time the body needs to adjust completely to the intragastric balloon usually takes two weeks and then patients should start a normal diet according to a personal diet plan assigned by the medical team and glycemic index guidelines.