

**BARIATRIC**

# BARIATRIC INTRAGASTRIC BALLOON

The procedure involves an endoscopic placement of a soft balloon filled with saline solution. The material the balloon is made of is resistant to gastric acid. The balloon remains in the stomach for the whole period of treatment - maximum six months - then it is endoscopically removed by a doctor.

The intragastric balloon is a method of treating patients with minor obesity for whom it means a therapy increasing their comfort of life as well as for patients with morbid obesity for whom it is a prerequisite for a return to a normal life. The treatment does not require any special preparation and there are very few contraindications for the procedure.

## PROCEDURE AND TREATMENT

Patients for the procedure have to undergo a series of medical and laboratory tests and consult a doctor. Balloon placement takes about 10-15 minutes and is performed in short intravenous anesthesia. Patient does not feel any discomfort. A probe with a balloon is inserted into the stomach with a gastroscope and the balloon is filled with saline solution (400 - 700 ml).

Balloon placement is fully reversible and it can be removed any time. After a few hours of staying in hospital patients are discharged home.

Individual effects of balloon placement include decrease of appetite and evoking satiation, which is observed thanks to the reduction of stomach volume. The silicon balloon filled with saline solution reduces the amount of food the stomach can hold and

causes the patient to feel fuller faster. It helps to implement two necessary rules, i.e. reduction in the amount of food eaten at a time and decrease of carbohydrates with a high glycemic index.

After six months the intragastric balloon is removed in a procedure similar to that of a placement. The doctor removes the saline solution from the balloon and removes it through the mouth with a gastroscope. The procedure takes about 15 minutes.

# BARIATRIC CONTRAINDICATIONS

## 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.

# BARIATRIC AFTER THE PROCEDURE

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.