

# ORBERA<sup>®</sup> Intragastric Balloon Patient Information

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## Qualification Criteria

A review of the indications, and contraindications, as well as what makes an ideal candidate.

Page 2

## The Procedure

An overview of the procedure including how to prepare, what happens during the placement of the balloon, and what to expect after.

Page 3

## Support Systems

Information about the available support systems during this journey to a healthier you!

Page 4

## What is the ORBERA<sup>®</sup> Intragastric Balloon?

ORBERA<sup>®</sup> is a reversible, non-surgical procedure intended to help patients lose weight. Most patients lose three times the weight than compared to diet and exercise alone.

ORBERA<sup>®</sup> is a non-surgical, FDA-approved weight loss system with a two-part program. The first part is the placement of the intragastric balloon for six months paired with an ORBERA<sup>®</sup> support team. After the balloon is placed in your stomach, it remains there for six months. During this time, you will focus on developing lifestyle changes including a healthier diet, portion control, and an exercise regimen. When the balloon is removed after six months, you will continue to implement the new lifestyle you have adopted. You will continue to check in with your medical provider, your ORBERA<sup>®</sup> coach and one-on-one sessions with a support team.

**What is the ORBERA<sup>®</sup> balloon and how does it get inside my stomach?**

The ORBERA<sup>®</sup> Intragastric Balloon is a deflated silicone balloon that is passed through an endoscope then filled with saline once inside the stomach. The balloon will be filled to approximately the size of a grapefruit and float freely in your stomach for 6 months.



Prior to placing the balloon, an endoscope (a tube with a camera) will be inserted through your mouth, down your esophagus and into your stomach. This is done first to ensure it is safe to continue with the procedure.



## How does it work?

- ✓ Delays the emptying of your stomach
- ✓ Reduces the capacity of your stomach by filling it with the balloon
- ✓ Sends signals to your brain that you are full

After the balloon is removed in 6 months, you will continue your new lifestyle, including the amount and content of your meals. This will help control your appetite and eat smaller, well portioned meals.



## Qualification Criteria:

What are the indications for the ORBERA<sup>®</sup> IntraGastric Balloon?  
Am I a good candidate for the procedure?

### INDICATIONS

- ✓ BMI 30 – 40kg/m<sup>2</sup> (Obese category)
- ✓ History of obesity for at least 2 years
- ✓ Failure of conservative weight loss attempts, including diet programs (Weight Watchers, Jenny Craig, etc.) and exercise programs
- ✓ Desire to lose weight and start a healthy lifestyle

### CONTRAINDICATIONS

- ✓ Prior gastric/bariatric surgery
- ✓ Hiatal hernia > 5cm or <5cm with severe reflux symptoms
- ✓ Structural abnormality of GI tract or motility disorder (esophageal stricture, diverticulum, atresias, stenosis, mass)
- ✓ Inflammatory disease of GI tract (ulcers, Crohn's)
- ✓ Pregnancy/breast feeding
- ✓ Bleeding conditions
- ✓ Alcoholism/substance abuse
- ✓ Liver conditions (cirrhosis, hepatic insufficiency)
- ✓ Take prescription aspirin, anti-inflammatory agents

### IDEAL CANDIDATES

- ✓ Must be willing to participate in a 12 month program including a healthy diet and exercise program
- ✓ Willing and able to take a PPI for the duration of the balloon placement
- ✓ Motivated to lose weight and understands the changes required
- ✓ Good support system- friends, family, colleagues
- ✓ Desire for a healthier lifestyle and ready to commit to change



**220,000**  
Patients in 80 Countries

# The Procedure: Before, During and After

## PREPPING FOR THE PROCEDURE (BALLOON PLACEMENT/REMOVAL):

You will start taking a daily PPI for 2 weeks prior to your procedure in order to prepare your stomach environment for the balloon.

Do not eat solid foods 24 hours prior to the procedure and do not drink liquids 12 hours prior. If there is food or liquid in your stomach, the procedure cannot be performed and there is a risk of food going into your lungs, which can cause serious health issues.

You will need to arrange for someone over the age of 18 to drive you home from your procedure, as you will have been under sedation.

Visit the grocery store and stock up on the items you will be eating after the procedure. An example grocery list is provided.

Visit the pharmacy to get the prescriptions required after the procedure. They will be called in at the time of your consultation.

## DURING THE PROCEDURE:

You will be put under sedation for the duration of your procedure, that way you will not feel a thing! An endoscope will be inserted through your mouth, down your esophagus and into your stomach. An initial diagnostic endoscopy will be performed to ensure it is safe to continue with the balloon placement. The deflated balloon will then be passed down the endoscope and positioned in the stomach. Once in place, the balloon will be filled with saline. The inflated balloon will remain in your stomach and the endoscope will be removed.

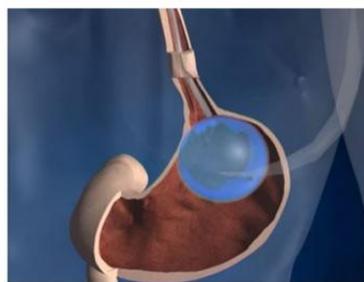
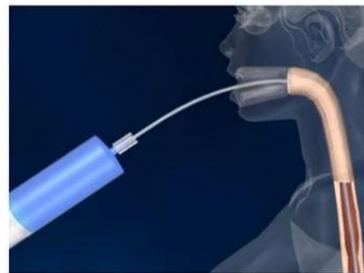
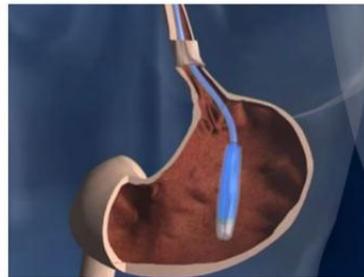
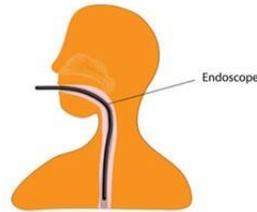
Once the procedure is over, you will wake up from the sedation followed by a period of observation. Once cleared, you will be allowed to return home with your driver.

## AFTER THE PROCEDURE:

Once you've returned home, you begin to take your prescriptions for nausea, vomiting and cramping. You will continue to take the PPI for the entire time the balloon is in your stomach.

Be sure to drink plenty of water – dehydration is a big concern, especially if you are experiencing nausea and/or vomiting.

You will be on a liquid diet for the first week following the balloon placement. You may slowly progress to soft foods after a couple of weeks. See the attached brochure for examples of the diet progression.



### Possible Side Effects from balloon placement

- Nausea
- Vomiting
- Abdominal Pain
- Reflux/Heartburn
- Dehydration

You will be prescribed medications to manage these symptoms. However, if they continue, contact our office immediately.

Are you ready to  
start living a  
healthier lifestyle?

Let's get started!

## Support Programs

### ORBERA® COACH

You will be provided with access to ORBERA® Coach, an online support tool including:

- ✓ Monthly 1:1 Dietician Consults
- ✓ Monthly Group Sessions
- ✓ Nutrition Library
- ✓ Weight Tracker
- ✓ Diet Tracker/Food Diary
- ✓ Sync Fitness Tracker (Fitbit)
- ✓ Recipes

### OFFICE FOLLOW-UPS

- ✓ Secure Messaging through ORBERA® Coach
- ✓ Phone Call Follow-ups



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