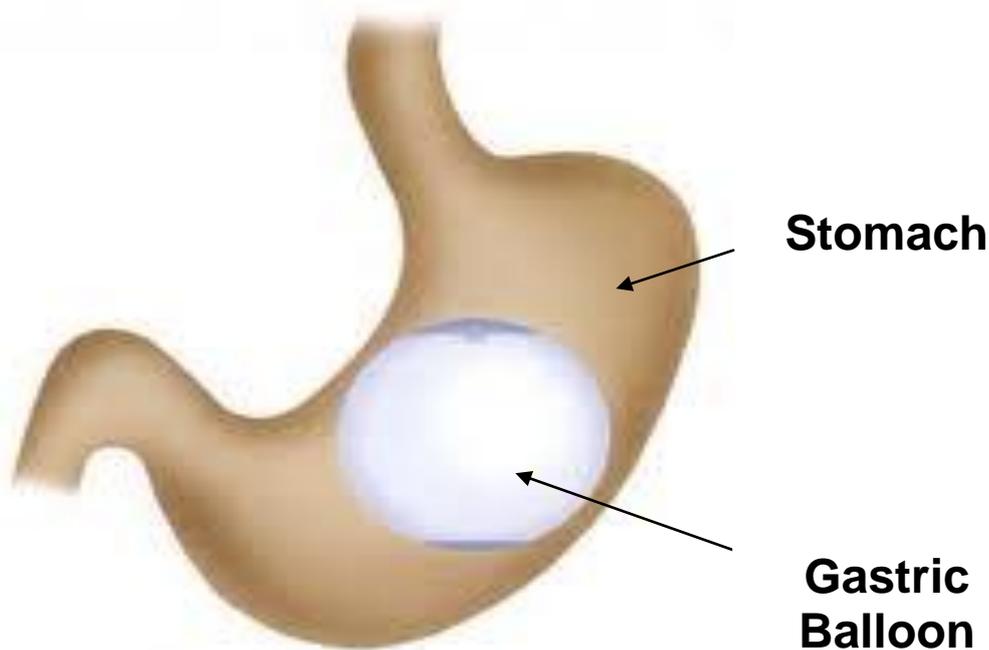


# Gastric Balloon for Weight Loss



## How the balloon works

The gastric balloon is a short term, non-surgical weight loss treatment. It partially fills the stomach and creates a feeling of fullness. It also reduces the amount of food that you can eat by reducing the space available to store food in your stomach. Both the decrease in holding capacity and the feeling of fullness can help you lose weight.

It is important to understand that a gastric balloon is an aid to assist weight loss. It does not guarantee successful weight loss on its own. You will need to work with the balloon and ensure you eat a healthy diet and take regular exercise. This will help you to achieve better weight loss and avoid a disappointing result.

Most balloons need to be removed after 6-12 months, depending on the type placed. This is because they degenerate in the acid stomach. It is therefore important to use this time to change your dietary habits for good. You should aim to establish a well balanced diet and healthy activity patterns to help you to maintain your weight loss after the balloon is removed.

## What are the advantages of having a gastric band?

- Feeling full quicker and for longer than usual
- None surgical and it can be removed at any time.
- The balloon can be filled according to your stomach size
- Unlikely that you will need to be put to sleep or stay in hospital compared to the other procedures

## How much weight can you expect to lose?

You can expect to lose between 15% and 20% of your excess weight in the first 6 months following the balloon placement, but this does vary depending on how long the balloon is in the stomach and your diet and exercise patterns while it is in place.

The amount of weight you are able to lose and keep off after it is removed will depend also on these lifestyle changes. It is important to remember that the operation will not stop you from craving certain foods or eating what you fancy.

## What are the risks of a Gastric band?

Risks vary according to your age and other illnesses you may have, but generally they are very low compared to other weight loss surgery procedures.

Short term complications, listed below, happen in about 5% of patients (or 1 of every 20 patients).

- Vomiting/Balloon intolerance
- Bleeding or discomfort in the throat after placement
- Intestinal obstruction caused by the balloon accidentally deflating or leaking
- Infection

## How should you prepare for the procedure?

- Prepare a list of written questions for your surgeon
- Read information on UK patients' group websites such as BOSPA and Weight Loss info.
- Discuss the operation with your close friends and family.
- Meet other patients

Most importantly you should try to make as many healthy changes to your lifestyle as possible so that the operation is as successful as possible. Seek the support of an experienced dietitian to help you make the changes in preparation for surgery:

**Get in touch with Dietwise for further support and advice: 07928248727 [dawn@dietwise.co.uk](mailto:dawn@dietwise.co.uk)**