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Intragastric Balloon Pre-insertion

Two weeks prior to your balloon procedure you will have an appointment with the gastroenterologist who will be insert the balloon. At this appointment you have a final opportunity to ask any further questions about your procedure.

INFORMED CONSENT FORM

Your doctor will explain the procedure, the potential adverse effects, the importance of compliance to the medication prescribed, the pre-insertion diet and the post-placement transitional diets. You will then be asked to sign the consent form. If you have any concerns, questions or do not understand any aspect of the procedure or its risks please ask about them now. Once this has been done you will sign the consent form. Note: If you have an ulcer found at the balloon insertion your balloon procedure will be postponed.

PRE BALLOON DIET

The preparation to clear your stomach is extremely important so that the stomach lining can be seen and the risk of aspiration is low. On the day prior to the procedure you will commence a CLEAR LIQUID diet. This includes clear soups broths, water, sports drinks, and tea. Water, strained fruit juices (apple, white grape, lemonade), Gatorade, SportsPlus, clear broth or soup or stock, coffee or tea (without milk), carbonated or non-carbonated soft drinks, Jelly (without added fruit or topping), icepops. Hard lollies are allowed. Red or purple coloured liquids should not be taken. No solid food should be eaten at all.

Absolute fasting will begin from midnight the night before the procedure. This means nothing at all by mouth including no solids or liquids of any kind. It is essential to follow these instructions to the letter. Failure to do so may cause your procedure to be postponed.

PRE BALLOON MEDICATION

To reduce the risk of reflux, you will be instructed to start taking an anti-acid medication called nexium 20mg daily. You will be given a prescription for this drug and you will start taking it two weeks prior to the procedure and then every day after the procedure for the 6 months that the balloon is inside you.

You doctor will also give you a prescription that contains all the medication that you will need after the balloon is inserted. Please fill this prescription now and bring these along with you on the day of the procedure.

