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## Intragastric Balloon Appointments

The following is a schedule of appointments that will be arranged for you around the insertion of the intragastric balloon.

### ASSESSMENT

Gastroenterologist  
Metabolic consultant  
Dietician  
Life coach

### 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), icepoles. 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.