



Dr Paul Froomes
Gastroenterologist
Marika Tashevsk
Life Coach

Dr Andrew Monk
Metabolic Specialist
Dr David Hoyle
Anaesthetist

Michael Andrews
Dietician
Jan Burr
Secretary

Melbourne Institute for Obesity
35 Rosehill Rd West Essendon 3040 Tel: 03 93313122

Intragastric Balloon Post-Op Medication

POST INSERTION ADAPTION

Immediately after your balloon is inserted your stomach attempts to adapt to the presence of the newly inserted balloon. This adaption period takes around 48 hours and is the hardest part of the procedure. During this time you are likely to experience discomfort, crampy abdominal pain, nausea and or dry reaching and significant fullness or bloating in the upper abdomen.

To assist you in the management of these symptoms we recommend the following regime:

PERSONAL SUPPORT

- Plan to rest at home for 3 days after the procedure
- Have somebody at home with you to help you
- Prepare yourself mentally to manage these uncomfortable symptoms
- Remember they will all go away at about 48hrs
- Take the medication prescribed to relieve the symptoms
- Follow the diet recommended during this period

MEDICATION SUPPORT

To help facilitate adaption to the new intragastric balloon a standard medication protocol is proposed for you.

- Nexium 40mg mane 15 minutes prior to breakfast for 6 months
- Buscopan 1-2 x 10mg tablets, every 4 hours for 3 – 5 days
- Stemetil 1 x 25 mg suppository daily for 3 – 5 days
- Zofran 1x 8 mg wafer every 12 hours, 1 hr prior to any other medications for 3 – 5 days
(only if required for severe nausea despite use of stemetil)
- Valium 5 mg nocte

NOTE: If you are experiencing **severe side effects** despite using the above measures, you must contact the hospital on 03 9331 3122. You will be instructed to come back to hospital for assessment by the doctor and intravenous therapy. It is very rare that we have to remove the balloon during this period.

