



Somerset
NHS Foundation Trust

The Orbera[®] and Orbera365[™] Intragastric Balloon

Nutrition and Dietetics

Patient information

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Introduction

This booklet has been designed to give you information about the Orbera® and Orbera365™ intragastric balloons.

It aims to help you understand more about how they work, the procedure and aftercare including dietary advice and to explain the potential side effects.

What are Orbera® and Orbera365™ intragastric balloons?

They work by partially filling the stomach and slowing the emptying of food, which should lead to an increased feeling of fullness. It can help you control portion size and, with an appropriate diet and behavioural modifications, should lead to weight loss. The balloon is not designed to be a permanent treatment for obesity.

What does the balloon procedure involve?

The balloons are made of soft silicone and are inserted into the stomach and inflated with saline to the size of a grapefruit through a self-sealing valve.

The surgeon uses an endoscopy tube which is passed through your mouth and down into your stomach. It is a non-surgical procedure performed under sedation or general anaesthetic taking around 20-30 minutes in total.

Am I suitable for this procedure?

The weight management and bariatric surgery team will assess your eligibility for this procedure. It may be used to promote further weight loss from that already achieved together with behavioural changes making bariatric surgery safer for you, or to achieve weight loss required to enable you to have a different procedure.

How much weight will I lose?

With appropriate eating and lifestyle behaviours, it may be possible to lose on average 1-2lbs (0.5-1kg) a week. Weight loss usually occurs during the first few months before it slows down. When it stops you should aim to maintain the weight loss.

What happens before the procedure?

Two weeks before

It is recommended you start a prescription of a strong antacid medication from your GP (omeprazole 20mg twice per day) for two weeks before the procedure and continue until the balloon is removed. The balloon can cause the stomach to produce extra acid which may cause reflux, or can bounce against the stomach wall which may cause ulcers. The antacid will reduce this risk.

Ensure you have a supply of post-procedure foods and liquids as detailed in this booklet.

The day before

- Drink plenty of water (aim for 2 litres of fluid in the day) to avoid dehydration.

What happens on the day of the procedure?

- It is advised that you take **no food for 12 hours and nothing to drink for 8 hours prior to the procedure**. Tablets may be taken with sips of water only in the morning of the procedure
- Wear comfortable clothing and shoes
- Take your anti-sickness medication (Akynzeo) with a sip of water in the morning. This will be given to you at the hospital
- It is recommended you have someone with you at the hospital to take you home after the procedure and until your balloon placement symptoms have subsided

When you arrive at the hospital surgical department, you will be seen by the surgeon who will talk you through the procedure and ask to sign a consent form. Please ask questions if you are unsure.

You will have been given a high dose anti-sickness medication (Akynzeo) which you take the morning of the procedure when you come into hospital. This stays in your system for a long time and helps you over those initial days. Without this, when the balloon has been placed, you will feel very sick because the stomach tries to reject the balloon which can lead to sickness and retching.

When advised to do so by the surgical team, start sipping room temperature fluids. Use a teaspoon to sip off or use a straw; this enables you to take your time. Do not sip continually as you need to allow time for the fluid to leave your stomach. Slowly increase your quantity of fluids, building up to 2 litres per day, do not gulp or drink quickly. Avoid using a straw if you experience belching/trapped wind.

How will I feel after the procedure?

The first few days may be uncomfortable as your stomach gets used to the presence of the balloon. Adjusting to the balloon is different for each individual and you may experience nausea, vomiting, bloating, diarrhoea and cramping initially. These symptoms are normal and should be expected. If you are worried please contact the team.

After a week you will start to feel a lot better. You may still feel some sickness, but generally this will be worse if you overeat or drink. To minimise discomfort, it is advised you avoid any unnecessary physical activity for the first week after the procedure. When you have become used to the balloon, you can then increase your activity levels as comfortable.

Do I need to take vitamin and mineral supplements?

You will need to take specific daily vitamin and mineral supplements whilst you have the balloon in place as you may not be able to meet your nutritional needs through food alone (as your portion sizes will be smaller). The bariatric dietitians will provide you and your GP with further information. Start taking them when you are tolerating solid food, usually **from week three after balloon placement**.

Why do I need follow up blood tests?

You will need to have nutritional blood tests every three months, more frequently if there are concerns, whilst the balloon is in place. This is an important part of your monitoring as having a balloon increases your risk of nutritional deficiency and associated complications. The bariatric dietitians will provide you and your GP with further information.

Who will be involved in my care?

You will see the bariatric dietitians here at Musgrove Park Hospital after your procedure. If you have been referred from outside of the area, your care will be handed back to your local dietitian after your first review here at Musgrove.

Summary of medications to be taken

Medication	When	Instructions
Omeprazole	Starting 2 weeks before the procedure, continuing to the end of balloon therapy	20mg twice a day or 40mg daily from your GP on prescription
Akynzeo	The morning of balloon insertion	One tablet given to you on the day at the hospital
Buscopan	As needed	2 tablets 4 times per day or up to 2 tablets 6 times per day, to treat mild to moderate symptoms, e.g mild cramps, starting after the procedure. Buy over the counter
Travel sickness remedies e.g. Cinnarizine	After the procedure	As recommended on the box. Buy over the counter
Soluble Paracetamol or Co-codamol	After the procedure	As recommended on the box. Buy over the counter
Vitamins and minerals	After the procedure	As detailed by the bariatric dietitians

What food and drink can I have after the balloon is fitted?

WEEK 1 – FLUID ONLY

On the day after your procedure, continue to have sips of water. If you find you manage these well then the next day start on the fluids listed below.

This includes the following fluids:

- Low calorie, non-acidic fruit juices, such as apple and tropical juices. The citrus ones may give you indigestion
- Low fat yoghurt drinks
- Weak tea or coffee with or without skimmed/semi-skimmed milk
- Clear broth or thin soup (with no bits)
- Low-calorie gelatins, e.g. fruit flavoured jelly
- Semi-skimmed milk/milk alternatives

Avoid:

- Fizzy drinks
- Alcohol
- Caffeine
- Chocolate
- Ice cream

WEEK 2 – PUREED THEN SOFT FOODS

Do not rush this transition. If you are feeling you are not coping with the foods, go back to the previous consistency, then gradually work up to the consistency again.

Pureed foods (day 8-11 post balloon)

Once you are tolerating fluids well, you can start introducing puree foods into your meals. Generally, you will be able to use the same foods as the rest of your family by blending in a food processor or with a hand blender. We recommend blending the meal components separately to keep the different tastes and colours; you may need to add some fluid (gravy, sauce, water) to aid the blending. You should incorporate protein into each meal (see examples below). Do not worry if you are only able to eat small portions. Stop if you feel discomfort or pressure.

Drink plenty of water and avoid eating and drinking at the same time, drink at least one glass ½ hour before each meal and two glasses ½ hour after to 'rinse' the balloon.

Pureed meal ideas:

Breakfast (choose one of the below)

- 2-3 tablespoons of instant oat cereal with skimmed milk
- 1 very sloppy wheat biscuit type cereal
- A low fat yoghurt

Snack (choose one of the below)

- 200 mls/ grams apple, pear, peach puree
- Smoothie
- A low fat yoghurt
- 100ml skimmed milk

Lunch (choose one of the below)

- Blended mashed potato with melted cheese
- Soup (no lumps)
- Blended lean meat/fish/egg and gravy or sauce with soft/blended vegetable

Snack

- As above snacks, if required

Main meal

Include protein, starch and vegetables (e.g. one from each below):

Protein:

- Blended fine minced meat with gravy (200g)
- Soft beans (preferably tinned) or lentils
- Blended soft fish with white sauce (200g)

Starch:

- Blended mashed potato (100g)

Vegatables:

- Puree soft, well cooked vegetables e.g. carrot or swede

Fluids between meals:

- Low calorie drinks – tea, diluted fruit juice, without added sugar squash, water.

Soft food (day 11-14 post balloon)

Do not rush this transition. If you are feeling you are not coping with the foods, go back to the previous consistency, then gradually work up to the consistency again.

Eat slowly, chew well and remember the 20/20/20 wait a minute rule when eating. You should now be learning to listen to your body. Pay attention if you develop feelings of fullness, pressure or discomfort. These are signs that you should slow down or stop eating entirely in order to avoid vomiting.

Drink plenty of water and avoid eating and drinking at the same time, drink at least one glass ½ hour before each meal and two glasses ½ hour after to 'rinse' the balloon.

Soft meal ideas:

Breakfast (choose one of the below)

- 2-3 tablespoons of porridge with skimmed milk
- 1 very sloppy wheat biscuit type cereal with skimmed milk
- A low fat yoghurt

Snack (choose one of the below)

- 200 mls/ grams apple, pear, peach puree
- Smoothie
- Mashed banana
- A low fat yoghurt
- A low fat custard pot
- 100ml skimmed milk

Lunch (choose one of the below)

- Mashed potato (or soft potato mashed with a fork) with baked beans (mashed), melted cheese or tinned tuna
- Soup (not lumpy)
- Crackers (chew to a mush) with low fat soft cheese (e.g. cottage cheese)

Snack

- As above snacks, if required

Main meal

Include protein, starch and vegetables at each meal (e.g. one from each section)

Protein:

- Fine minced meat (200g)
- Soft beans (preferably tinned) or lentils
- Soft fish with white sauce (200g)
- Tinned tuna
- Soft egg e.g. mashed boiled egg or scrambled egg

Starch:

- Mashed potato (or soft potato mashed with a fork) (100g)
- Rice (30g)

Vegetables:

- Mashed carrots/swede
- Other vegetables cooked until soft and 'mashable'

Other meal ideas:

- Cottage pie with soft vegetables
- Fish pie with soft vegetables
- Cauliflower cheese (do not make with too much cheese/use low fat cheese and skimmed milk)
- Healthy range ready meal

WEEK 3 – SOLID FOODS (NORMAL FOODS)

This is another transition stage so if you feel uncomfortable go back to the previous food you tolerated.

- Have 4 to 5 small meals throughout the day
- Use a tea plate instead of a dinner plate to control the portion size
- Incorporate a source of protein into each meal with vegetables/salad/fruit and a small amount of starchy carbohydrates
- Avoid fibrous or tough foods, such as stringy vegetables or dry meat
- Eat slowly and chew your food well to improve tolerance
- Remember the 20/20/20 rule (see page 19)
- Stop eating immediately when you feel satisfied or if you feel discomfort or uncomfortable pressure in your stomach

- Introduce solid foods one at a time
- Try cooked foods before hard/raw foods
- Limit bread, pasta, rice and similar starches. These foods can stick to the balloon causing bad breath
- Drink plenty of water and avoid eating and drinking at the same time, drink at least one glass ½ hour before each meal and two glasses ½ hour after to 'rinse' the balloon

Solid food (normal food) meal ideas:

Breakfast (choose one of the below)

150ml of unsweetened fruit juice with:

- High fibre cereal with skimmed/semi-skimmed milk – e.g. Weetabix
- Porridge with skimmed/semi-skimmed milk
- One slice of toast with low fat spread

Lunch

- 60g/2oz lean meat, chicken, fish, lentils, baked beans or an egg and
- One slice of bread, or 1-2 tbsps cooked rice or mashed potato and
- One portion of low fat yoghurt or fruit

Main meal (choose one of the below)

- As lunch suggestions above or
- Cottage pie and soft vegetables
- Fish pie and soft vegetables
- Cauliflower cheese (do not use too much cheese/use low fat cheese and skimmed milk to make)
- Healthy range ready meal

Snacks

Try to include small, high protein snacks if needed between meals. The bariatric dietitians can help advise on how many snacks you need a day. Some suitable snacks are listed below:

- Rice cakes and low fat soft cheese
- Low fat yoghurt
- A boiled egg
- A small bowl of no added sugar cereal and skimmed/semi-skimmed milk

Summary of eating behaviour

It takes a while to get used to the feeling of the balloon being in place and to judge how much you can comfortably eat. You are changing very in-grained behaviour and there will be occasions when you overeat or eat too fast. The trick is to learn from your experience and modify what and how you eat. You may have been eating in a certain way for many years and it is very difficult to change that overnight.

Generally, we advise you to:

- Eat slowly
- Chew your food well
- Concentrate on what you are doing when you eating

Weighing yourself

It can be useful to weigh yourself regularly (no more than once a week) and note your body composition as this will change. Your overall weight may stay the same but fat and muscle may change. The least healthy fat for us is known as “visceral fat” which sits around our organs. Any decrease in this is good for your health.

If you choose not to weigh yourself there are other markers of change e.g, how your clothes fit, your level of movement, management of medical conditions affected by weight and your ability to perform everyday tasks.

What are the risks of having an Orbera[®] and Orbera 365[™] balloon?

The balloon is filled with blue liquid and if it leaks, will be passed in your urine turning it green or you may vomit blue liquid. If you develop green urine or vomit blue liquid at any time before the balloon is removed you should contact the bariatric team and if out of hours, you should attend your local A&E.

What are the side-effects?

It is common to experience nausea, abdominal cramping and occasional vomiting after balloon placement. This tends to be well controlled with the medications previously discussed. If these symptoms are ongoing and/or you can not keep fluids down contact the bariatric team urgently. If it is out of hours, you should attend your local A&E.

Vomiting

In case of vomiting, stop eating for at least two hours, then drink a small amount of water and proceed with soft, bland foods when tolerated. Aim to get back to solid foods as soon as possible. If the vomiting persists beyond 2-3 days, or you are unable to take fluids, you should contact the bariatric team in order to prevent dehydration.

Abdominal cramps

Persistent cramping after the first week may be a sign the balloon has moved. If this occurs, you should contact the bariatric team as soon as possible for advice.

Reflux

Avoid eating late at night and wait at least 2 hours after eating before going to bed. The balloon tends to move up when you lie down and could cause reflux.

If you have reflux:

- Avoid coffee, tea and alcohol
- Stop smoking
- Raise the head of the bed when sleeping
- If you notice that certain foods make the symptoms worse, e.g. tomatoes, pickles, oranges, avoid these foods.

Constipation

Following any change in diet, constipation can become a problem and is usually the result of:

- Poor fluid intake – fluids keep stools softer
- Not enough fibre in your diet – fibre gives bulk to stools
- Lack of activity – movement helps bowel stimulation

A good intake of fluid and fibre along with regular exercise will help prevent constipation.

Fibre rich foods include:

- Wholegrain bread
- Wholegrain cereals – Weetabix, shredded wheat, bran flakes, porridge
- Fruits and vegetables
- Nuts and pulses

Despite following the above, some people need laxatives. We recommend the use of daily Lactulose or Movicol which are available from your GP. Contact the bariatric team if you still struggle to manage your bowels.

Smelly breath

This can be because food becomes trapped around the balloon or has stuck to it. Drink water 30 minutes before and after eating to help clear the balloon and stop the smell. Sucking on ice cubes 30 minutes after eating can also be effective.

General advice

Learn to stop eating as soon as you feel satisfied

It is important to listen to your body's signals when it's satisfied. It is sometimes a sensation that some people rarely recognise, even after weight loss surgery. If this is you, then we suggest you concentrate on portion size alone, and stop when you have finished the volume on your small plate. Focus on how long it takes until you feel hungry again, rather than if you feel satisfied.

Change your eating habits

In order for you to lose weight with the balloon, you need to think of it as a tool to help you reassess and make changes to your eating habits. These issues will be discussed in more detail when you see the bariatric dietitians for your follow up appointments.

Use the 20-20-20 wait a minute rule

Mouthfuls should be the size of a 20p (cut food up small and use small cutlery to help achieve this), chewed at least 20 times (foods should resemble a liquid consistency before swallowed); a meal should take 20 minutes and wait a minute between each mouthful. This strategy helps you to slow down and encourages mindful eating, giving you time to recognise how your body is feeling after eating helping to avoid over eating.

Drink fluids

- Aim to drink at least 1.5 Litres of fluid per day
- Avoid eating and drinking at the same time, as this causes you to become full on the fluid and prevents you getting sufficient nutrition
- Drink 30 minutes before and after eating to reduce this risk, and to wash the balloon. Not washing the balloon can result in food sticking to the balloon, where it will ferment and result in associated unpleasant symptoms
e.g. bad breath.

Keep exercising

To help with your weight loss, incorporate some activity into your daily routine. Start exercising as soon as you feel well after the balloon insertion. This is usually about two weeks after the procedure.

Will I need to attend a follow up appointment?

While the balloon is in place we recommend a monthly follow up (usually alternating each month between clinic and telephone) with the bariatric dietitians for support and advice. This will be booked in after your procedure.

How is the Orbera® and Orbera 365™ balloon removed?

The Orbera® is removed after 6 months and the Orbera365™ is removed after a year.

It is very important that you have the balloon removed at the correct time. If the balloon is left in the stomach for too long it can begin to leak and deflate. The balloon can then pass into the intestine and cause blockages that require surgery. You will be seen in a one stop assessment a month before balloon removal to assess the next steps and plan the removal appointment.

This procedure is similar to the one experienced when the balloon was placed and takes 20-30 minutes. You will be sedated. The clinician will remove the fluid from the balloon and then pull it out deflated through using an endoscopy tube. There are few after effects. Your doctor will keep you in for two hours to allow the sedation to wear off. A plan for support will be arranged for after the balloon has been removed.

Important points:

- No solid food for 24 hours before the removal procedure
- No liquids for 12 hours before the removal procedure
- Due to the effects of the sedation, arrange for someone to take you home.

Summary of dietary recommendations

Time	Texture
Before balloon	12 hours nothing to eat, 8 hours nothing to drink
Week 1	Fluids only
Day 8-11	Pureed foods
Day 11-14	Soft foods
Week 3 onwards	Solid foods (normal foods)
From 24 hours before removal	No solid foods
From 12 hours before removal	Nothing to drink

With the letter confirming your admission, you will receive a generic leaflet. This includes eating and drinking instructions before a procedure which are different to those above. Please ignore these and only follow the eating and drinking instructions in this leaflet. Please read the rest of the leaflet and follow all of the other instructions as these still apply.



Contact details

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A Sandercock/Jul20/review Jul23

www.somersetft.nhs.uk

All our sites are smokefree



Braille Large print Audio

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