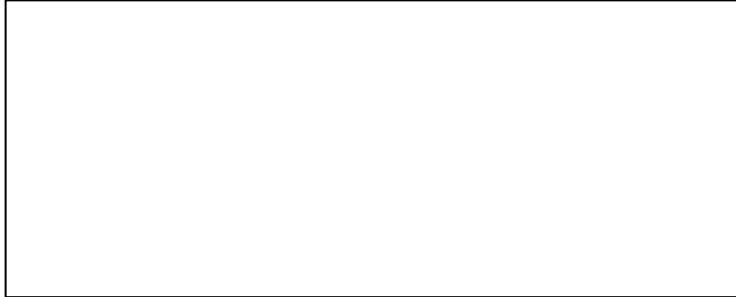


ORBERA Balloon Insertion Post-Operative Information



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You have had an Orbera Balloon placed today and it has been filled withmLs of normal saline/methylene blue. Here is an Orbera Balloon patient packet with information on healthy lifestyle.

- After the procedure, you will feel nauseated and uncomfortable for up to 2 weeks (this is a normal reaction).
- Please follow these dietary instructions (see more information on the following pages).
- **REPORT blue urine or bowel motions OR severe abdominal pain (the balloon may require urgent removal!)**
- **DIET** (detailed in the booklet you will receive in the hospital)
 - Clear fluids only for 10 days, then
 - Other fluids for the next 10 days, then
 - Pureed soft food for the next 20 days then
 - Start a healthy, balanced, solid diet.

Please take these medications as instructed, wean down as you feel better unless time specified

- Take ondansetron (Zofran) wafer 4 mg 6 hourly for nausea
- Take amitriptyline (Endep) 10 mg in the evening
- Take Temazepam 10-20 mg night for nausea
- Take promethazine hydrochloride (Phenergan) 10 mg 12 hourly if still nauseous
- Continue with esomeprazole (Nexium) 20 mg daily for next 6 months
- Take multivitamin (Centrum) daily for 6 weeks

MEDICATIONS FOR PAIN/DISCOMFORT will be given to you after the procedure

1. Take paracetamol suppository 500mg, two 6 hourly if required
2. Take hyoscine butyl bromide 10mg, one morning if required

Review after the procedure

- **Report severe vomiting or severe pain: ring 46394134, 0407394134 or the Day Surgery Unit**
- Review Dr Robyn Nagel at 2 weeks
- Review dietitian at 2-4 weeks.
- Four weeks after the balloon is in place time to start a regular exercise routine!
- Record your weight weekly (NOT daily).

DIET AFTER INSERTION OF GASTRIC BALLOON

DAY 1 – 10

CLEAR FLUID DIET

Recommended clear fluids only (i.e. no solids or lumps; avoid anything which might irritate the stomach).

Acceptable

- Water
- Black tea
- Soda water
- Mineral water
- Lemonade
- Apple juice
- ½ strength sports drinks
- Lemon cordial
- Jelly
- Ginger ale
- Bonox
- Beef consommé
- Chicken noodle soup (strained)

Avoid

- Solid foods
- Dairy products
- Carbonated (fizzy) drinks
- Alcohol
- Caffeinated drinks
- Fatty soups
- Chocolate or sweet (sugar-based) drinks

DAY 10 – 20

FREE FLUID DIET

For 10-20 days after completing the clear fluid diet.
All patients should also take a daily multivitamin.

Acceptable

- Same fluids consumed during the clear fluid diet, plus:
 - Skim milk
 - Natural yoghurt (with honey or vanilla flavour; NO fruit or nuts; NO added sugar)
 - Custard (diet)
 - Scrambled eggs (skim milk)
- Liquid fibre supplements may be necessary to avoid constipation.

Avoid

- Same foods as clear diet

DIET AFTER GASTRIC BALLOON

DAY 20 – 40

SOFT DIET

For 20-40 days after completing the free fluid diet.

Consists of foods which are easy to chew and low in fat and fibre and which are eaten slowly and well chewed before swallowing.

Avoid deep frying (use oil spray if required).

Eat small, frequent meals throughout the day.

All patients should also take a daily multivitamin.

- **Acceptable Fluids:**
 - Water; diet cordials; skim milk
- **Avoid following Fluids:**
 - Same as above for fluid diets
- **Acceptable foods:**
 - Wholemeal breads (remove crusts)
 - Wholemeal cereals (e.g. Weet-Bix) with skim milk
 - Freshly cooked pasta, rice or noodles
 - Low fat and soft dairy products
 - Vegetables (cooked until soft by steaming, boiling; in microwave)
 - Soft, low fibrous fruits (see below)
 - Canned fruits in natural juice (no sugar added)
 - Jelly (diet)
 - Scrambled eggs, poached or boiled eggs
- Liquid fibre supplements may be necessary to avoid constipation
- **Avoid following foods:**
 - Multigrain breads and cereals
 - Butter or margarine on toast/bread
 - Tinned spaghetti; instant noodles
 - Hard vegetables (raw tomato, carrot, corn, peppers, cucumber with skin)
 - Full fat dairy; hard cheese
 - Jams or creamy sauces
 - Fried eggs
 - Junk food (e.g. cakes, pastries, biscuits, chocolate, sweets, chips, pies, fast/fried food)
 - Nuts and seeds
 - Dried fruit or fruit high in fibre (e.g. apples, bananas)
 - Tinned fruit in syrup (high in sugar)

After 40 days go back to a healthy, balanced, solid diet.