

# ORBERA Balloon Insertion Pre-Operative Instructions



*Toowoomba Gastroenterology Clinic*  
*Medici Medical Centre*  
Level 1, Suite 105, Scott Street  
Toowoomba, Qld. 4350  
Ph: 07 4639 4124

Your Orbera balloon insertion is organised for .....

Please present to .....

## **One WEEK before procedure:**

- See a DIETITIAN to prepare for diet and make an appointment 1 week after the procedure.
- ACID SUPPRESS your stomach by taking a proton pump inhibitor such as Nexium (esomeprazole ) daily if you are not taking this already (script enclosed).
- STOCK UP on a variety of clear fluids in your house. Make sure you have combination of water, sweet and salty fluids (half strength Lucozade can be useful).

## **Just BEFORE the procedure**

- **FREE FLUIDS for 24 hours before** the procedure and then nil orally 6 hours before procedure
- **On admission to DSU, TWO hours before** procedure take one EMEND (aprepitant) 165 mg capsule

## **AFTER the procedure**

- **You will feel nauseated and uncomfortable for 3-5-14 days (this is a normal reaction).**
- **Report immediately blue urine or bowel actions or severe pain** (the balloon may require urgent removal).
- **DIET** (detailed in the booklet you will receive in the hospital)
  1. Clear fluids only for 10 days
  2. Free fluids for 10 more days
  3. Pureed soft food for the next 20 days, then start a soft diet
- **MEDICATIONS FOR NAUSEA** will be given to you after the procedure, wean them down as you feel better
  1. Take ondansetron (Zofran) wafer 4 mg 6 hourly for nausea
  2. Take amitriptyline (Endep) 10 mg in the evening
  3. Take Temazepam 10-20 mg night
  4. Take promethazine hydrochloride (Phenergan) 10 mg 12 hourly if still nauseous
  5. Continue with esomeprazole (Nexium) 20 mg daily for next 6 months
  6. Take multivitamin (Centrum) daily for 1 month
- **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 urgently severe pain, extreme vomiting or severe vomiting or blue urine/bowel actions: ring Dr R Nagel 46394134, 0407394134 or the Day Surgery Unit**
- Dietitian at 1 week after procedure, and regular review thereafter
- Dr Robyn Nagel for review 2 weeks afterwards
- Four weeks after the balloon is in place time to start a regular exercise routine!
- Record your weight weekly (NOT daily).