



## Gastric Balloon

Similar to the use of the sleeve gastrectomy, the gastric balloon is a less invasive, non surgical option to reduce the weight of patients whose BMI is over 60. Because surgery is extremely risky for these patients, the surgeon may suggest 6 months with a gastric balloon to help bring the BMI down to a safer level.

The balloon is inserted via an endoscope which although sounds horrible, is not as bad as it sounds. It can be carried out under light sedation and is a very quick and simple procedure. The throat can be sprayed so it is numb and you don't feel the tube being inserted. The balloon is naturally deflated and guided down through the endoscope into the stomach where it is then filled with saline. The idea of the balloon is to give the feeling of fullness sooner after eating and therefore causing the patient less desire to continue eating. With the reduction of dietary intake, weight will be lost relatively quickly.



The gastric balloon is only a short term measure though, and can only be left in place for 6 months. After that the surgeon will deflate the balloon using the endoscope, and it will be removed from the stomach. Further more permanent bariatric surgery should then be possible with the achievement of a lower BMI.

There are some patients who are disappointed to be offered a balloon as an interim method of weight loss, because they feel they are ready for committing to the [RNY](#) or other bariatric procedures, however the reduction of the BMI to as far under 60 as possible is very important. Your surgeon will never operate on you unless it is safe to do so. If your surgeon suggests you have a Gastric Balloon as an interim measure it is because he has your safety and wellbeing at heart.

