

The Belly Balloon Toolkit

This is the beginning.

Only you make the choices that

**One day at a time, will change your
Life!**

Keep on track.

Implement change, and

TAKE CONTROL.





Congratulations on your decision to undergo the gastric balloon procedure! You have made a very important, life changing decision and it is our job to provide you with the information and education that you need to make the most effective use of this very powerful tool.

This guide is designed to provide you with an understanding of the procedure itself and information on how to navigate through your recovery and achieve your goals.

You must enter this process fully committed and with a solid understanding of the risks of the gastric balloon procedure, the health and weight loss expectations and what we need of you as a patient in order to assist you in the most effective way possible. We are here to support you. The procedure is only the beginning and you must enter into it with the expectation that it's a tool to assist with your commitment to lifestyle change. Strict adherence to the program is essential.

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Your WEPNS for Success:

- **Water: Drink 64oz of water per day.**
- **Exercise with a combination of aerobic and resistance training 6 days per week.**
- **Protein should always be eaten first.**
- **Never Snack!!**
- **Supplement with your vitamins.**

Note that these rules are to help you be safe and to achieve your goals.

They are to be used for the rest of your life!

Always remember your WEPNS.

What to Do Before The Procedure

Your Initial Consult:

You will meet with Dr. Ellner to review your medical history, to determine if the balloon procedure is right and safe for you. It is critical that you answer all questions truthfully and ask any questions that you might have.

You will be given a list of medications that you will be taking before and after the procedure. You will also be given information about protein drinks, which will be discussed herein. Please ensure that you understand all of the information – Dr. Ellner will discuss it with you – as it is important to follow the program and take the correct medications to prepare for the procedure and to reduce nausea after the procedure.

Patients will undergo lab testing (and sometimes an endoscopy) shortly after the consultation.

When testing is complete, you will have your pre-operative visit.

- You will meet with Dr. Ellner to go over all the details of your medical records one last time. This will also be your opportunity to ask any questions that you have regarding any aspect of the gastric balloon procedure or recovery. If you have lots of questions, you might find it helpful to make a list to bring with you. After your discussion, you will undergo a full physical examination by Dr. Ellner.
- You will be given a prescription for several medications. Get it filled within 24 hours! Do not wait until right before your procedure or the pharmacy won't get your medication to you in time

Two Weeks before Balloon Procedure:

Omeprazole or Prilosec- Start taking 40mg twice per day. This will continue until 15 days after the procedure. At that time, switch to once per day for the entire time the balloon is in place.

Start one *high potency multivitamin* and a **B Complex** per day.

Protein Drinks- Taste test and purchase enough to last for at least two weeks at 60g of protein per day. You will drink these for your nutrition after the procedure.

Guide to choosing protein drinks:

Protein drinks come as ready-to-drink as well as powders/liquids for mixing.

If mixing is required, mix with **water/ice ONLY**, no milk, juice, yogurt, fruit, etc

Each serving must contain at least **20g of protein** and **less than 4g sugar and 4g of total carbs**.

Any protein drink that fits the above criteria is acceptable.

Protein Bullets/Shots and ready-to-drink products are very popular. Different brands may be obtained online, at Costco, Walmart, Target, GNC, Henry's, Nutimart and in vitamin/health stores.

Isopure is thin like KoolAid and is available at Nutrimart (Navajo Rd location will give a discount to Dr Ellner's patients)

Premier Protein is at Costco and Walmart and is thick like a milkshake. Check the label information on the different flavors. They are NOT the same!

One Week before Balloon Procedure

Low Salt V-8 Note : Must be Low Salt! (Low Sodium is the same)

OR

SUGAR FREE Gatorade

Drink 20oz per day for 5 days. Stop drinking V8 2 days before the procedure.

You may resume 6-12oz per day after the procedure for carbohydrate withdrawal related headaches.

You may substitute Coconut Water if you don't like V-8 or Gatorade but it is not as effective and has more sugar.

Two Days before Balloon Procedure

Clear liquids ONLY. Continue to drink at least 20oz of SUGAR FREE Gatorade each day. Clear protein drinks are ok but not thick, milky ones.

Women - take 60grams of protein per day, Men - take 80grams.

Chicken/beef broth is ok to drink alongside protein drinks. You may add tasteless protein powder (Sprout's or Unjury brands are good) to make it a protein drink.

Absolutely NO solid food – this is critical to the safety of your procedure.

12 Hours before Balloon Procedure

Nothing to eat or drink after midnight, except medications as directed.

Morning of Balloon Procedure

Emend Take 80mg (two 40mg capsules) with a sip of water only, before driving to the surgery center.

Levsin- Take 0.125mg under the tongue, before driving to the surgery center.

Continue to take your **Prilosec** as directed.

What to Expect the Day of the Procedure

You will have been contacted by the surgery center with instructions on what time to arrive for the procedure. You MUST have a driver. You CANNOT drive within 24 hours after the sedation.

An IV will be started and you will meet with Dr. Ellner, your anesthesiologist and the nurse who will be in the room with you during the procedure. You may ask the anesthesiologist for a dose of anti-anxiety medication at this time if you like.

The procedure should take less than 30 minutes. You will awaken with no recollection of the procedure at all. You may feel a scratchy throat. You will be given anti-nausea medication in addition to the medication that you took before the

procedure. Once you are awake, you will start drinking fluids. When you feel comfortable with drinking, you will be able to go home.

What to Expect at Home

Take all of your medications on time! Call the office if you have questions. If you feel you don't need the nausea medications after the procedure, you may stop them after 3 days. You **MUST** take your Omeprazole twice a day for 14 days after the procedure and daily thereafter, until the balloon is out.

Keep track of ALL intake of fluids and protein drinks. Dr. Ellner will be calling you every day and asking exactly what and how much you are drinking.

The First 14 Days:

Stay off work for 5-7 days after the procedure. You may feel *extremely fatigued*.

Focus on staying hydrated. You need to **drink a total of 64oz of fluid per day**. If you sleep for 8 hours, you have 16 hours to drink, which is ½ cup per hour. Sip slowly and steadily through the day. Your stomach will feel very full so keep a slow steady pace of drinking.

You need to include **60 grams of protein per day** in your fluids. See the beginning of this manual for guidelines for protein drinks. You should already have them stocked in your kitchen. Warm fluids may feel more soothing than cold fluids. Other fluids that are okay to drink are water, broth, HERBAL tea, sugar free jello, sugar free popsicles and **up to 20 oz per day** of Low Salt V-8, SUGAR FREE OR REGULAR Gatorade or coconut water.

Do NOT drink coffee of any kind, black/green/white tea or soda of any kind.

Walk frequently – this aids digestion. When you are laying down, lay on your left side, and propped up on a couple of pillows.

When to call the office: (619) 286-7866

- Fever above 101.5 or shaking chills
- Severe acid reflux/heartburn
- Swelling of or pain in legs
- Swelling or increased pain in abdomen
- Repeated vomiting
- Pain or burning with urination
- Difficulty breathing or coughing up green or brown phlegm

One Week After the Procedure - Visit with Dr. Ellner

Be sure to double check the date and time of your appointment, which is printed on your appointment card.

We encourage you to include family or close friends for this appointment. It is important that your support people understand the process, as your eating and lifestyle habits will be changing. The more they understand about your procedure and your new life, the better they will be able to support you and share in your success!

Be sure to make your first follow-up appointment (one month after the procedure) before you leave.

Weeks 3-4 (14-28 days after the procedure)

You will normally start eating solid food **two weeks after the procedure**. You will start on soft, easy-to-digest foods. You should **eat ONLY once or twice a day**, and drink sugar free fluids and a protein drink throughout the day. Up to ½ cup of soft food may initially be enough to make you feel full.

Note: The list below contains only soft proteins. Limit yourself to only these foods for days #14-28.

- a soft-boiled or scrambled egg (be sure not to overcook it – you don't want it dry)
- refried beans (low-fat) – water them down with chicken/beef broth
- lentil or split pea soup (no ham or vegetables in the soup)
- low or non-fat cottage cheese
- low-fat, light yogurt (get the blended kind, without big pieces of fruit in it)
- **ALWAYS** drink 64oz of water per day
- **Drink** 20-30 grams of protein per day in addition to your food if desired.

You will find that you fill up very quickly and it might take you 15-20 minutes to eat an egg or 1/2 cup of yogurt. This is the result that we want... it means that your procedure and your stomach are working as expected. Don't worry if you are able to eat more – we just don't want to overfill and make you uncomfortable.

Week 5 and onward:

The foods during this time should be high in protein and low in fat.

- 75% of your meal should be lean protein
- 20% fruit/vegetables
- 5% grains/starches

You may still use protein drinks as a meal substitution if you want to. This will enhance your success with the program!

To substitute a protein drink for one meal, drink **15-20 grams** of protein. The same rules still apply for choosing a good protein drink. See TIPS on Protein Drinks at the end of this manual for how to drink them and avoid hunger and other common problems.

Remember that fruit is largely SUGAR and with your current vitamin plan, it contributes virtually nothing to your diet that you need. You should therefore use fruit as a treat at the end of your protein meal. Never eat fruit on its own and between meals. This would be a full sugar snack!

HOW to Eat After the Balloon Procedure

- **ALWAYS eat protein first. Never eat fruit/vegetables first or alone.**
- Each meal should contain at least **75% protein**. This is the most important part of your meal and since you don't have as much room in your stomach, you must be sure to get enough in each meal. Additionally, protein is what gives us a sense of fullness and keeps blood sugar normal for a longer period of time. It keeps us from feeling hungry again too soon.
- When you eat solid food of any kind, *it is a meal, no matter how small*. Wait until your body tells you that it is truly physically hungry – when your blood sugar feels low (not just head hunger!) and then sit down for a meal. You will soon be able to recognize early cues of hunger so you can sit down to a meal before you feel excessively hungry. **Do not ever eat solid food until you are sure you feel a slight low blood sugar feeling. This goes for the rest of your life. Knowing when you truly feel hungry is a major key to success!**
- Eat slowly, putting the fork down between bites and waiting for the food to “settle” before taking your next bite. Sometimes it takes a few minutes for the signal from your stomach to reach your brain and you must wait for that to happen.
- Chew, chew, chew... This will make it easier for the food to get around the balloon and into your digestive tract. Not chewing well will cause nausea and bad breath.
- Set aside a special place to eat – a kitchen or dining table, or special chair away from your desk at work should be your designated place to eat. Never eat on the run or when you could be distracted, as this results in snacking and eating too much, too fast or not chewing.
- Sit down to eat. It is important to make mealtime a time just for eating. Until you're accustomed to your new stomach capacity, you should eat with no distractions. Many people have a tendency to overeat simply because they aren't paying attention due to family and children, television and conversation.

- Do not eat between meals. **Eating between meals, when you don't feel low blood sugar is snacking and this is one of the leading causes of weight re-gain!**

A note on the preparation of meats: The 3 B's

- **Bake, Broil or BBQ** (this means on the grill, not with bbq sauce).
- It is important to avoid frying as this adds tremendous amounts of fat
- Feel free to spice your foods up, but without adding extra fat or sugar.

The Long Term Commitments: Your “WEPNS” for Success

Discussed below are the keys to success, which you must adopt immediately and entirely. Incorporate them into your lifestyle in order to achieve long-term health and maintenance of a healthy body weight. ALL ARE IMPERATIVE and not embracing even one will be detrimental to your success.

1. Water:

It is extremely important that you drink 64 ounces, or 2 quarts, of water throughout each day. This may be a challenge in the beginning, but you must become used to it as quickly as possible. Here are some of the reasons why water is so important:

- Drinking enough water and exercising appropriately are the **ONLY** things that you can do to minimize the excess skin after weight loss!
- Your body can only work at its best in burning the fat if it is well hydrated. If you are dehydrated, you won't burn off the fat as well, and therefore you won't lose weight as well or as quickly, or in a healthy way.
- Water is used by the body to build and tone muscle tissue as you lose the fat.
- Rapid weight loss can stress your kidneys if you aren't well hydrated and drinking 64oz of water per day will help you to avoid getting kidney stones.
- You may mix a *small* amount of Crystal Light, Propel, sliced lemons, cucumbers or limes, in with your water. **DO NOT** make Crystal Light or other such drinks stronger than 1/8th strength because drinking sweet drinks,

even if they are diet, will cause cravings for sweets and make resisting sweets very difficult indeed.

- **It is best to not drink cola of any kind (diet or not), coffee of any kind or black, green or white tea.** They all have acids that can damage your stomach and increase acid reflux while the balloon is in place. They also have appetite stimulants that will sabotage your efforts. Herbal tea is fine to drink and counts toward your 64oz of water.
- The only exception to the above rule: ½ to 1 can of Diet Coke may be used to cleanse the balloon in your stomach if you feel that undigested food may be causing bad breath. Remember to chew your food well to decrease the chances of this occurring.
- Hint: Very diluted herbal tea or chicken broth with ginger slices often settles an upset stomach if the cold water is causing nausea.

2. Exercise:

Exercise is not only essential to protect your muscles from getting broken down during the weight loss process, but building muscle strength is essential to maintain weight in the long run. Weight regain is often caused by losing muscle mass during weight loss. Following your muscle mass on Dr. Ellner's scale will be helpful because you will know that your exercise routine is working well for you.

Remember that you must bring in your exercise logs to every appointment. The forms are available under the "Eating and Exercising" part of the website.

- It is important to combine **aerobic/cardio** type exercise (this is anything that gets your heart rate up to your goal – discuss with Dr. Ellner) with **resistance training** (lifting weights). The combination of the two is what raises your metabolism, which keeps the weight off and helps skin to shrink.
- Cardio exercise burns more fat while you're doing the exercise, but resistance training increases your metabolism more overall, both while you are doing the cardio part and for hours after you have already stopped exercising. **In plain terms, lifting light weights in addition to your aerobic workout makes you burn more calories during your aerobic workout and it keeps your body burning calories long after you have stopped exercising.**

- Those who have a balanced exercise routine tend to do better in the long run than those who do just cardio type workouts.
- **Lack of appropriate exercise leads to loss of muscle, which is a leading cause of weight re-gain!!**

Exercise Regimen:

- **Cardio – 6 days per week**

Reach your goal heart rate (ask Dr. Ellner what yours is) doing walking, jogging, stair-climbing, hiking, etc. Keep exercising at a pace that maintains your goal heart rate for 30-40 minutes, 6 days per week. You may break it up into different sessions in one day if necessary.

- **Weight Lifting – 5 days per week**

You must do proper weight training to protect from muscle loss that leads to weight regain!

You require **TOTAL BODY weight lifting**, using all of your muscles. You may alternate upper and lower body each day if you want, to give ½ of your body a rest on alternate days.

You may lift weights in the gym, using a circuit of machines that uses all of your muscle groups, or a lifting class or strengthening yoga.

If using free weights or machines, put enough weight on the machine so you can do 15 repetitions (15 lifts) but you should not be able to get beyond the 15th rep. Your goal is to do 3 sets of 15 reps on each muscle group. As you get into better shape, you will have to increase the weight on the machine so you always maintain the 15 rep rule, without being able to go over.

- The patients who do the best and are happiest with their health and their bodies are those who get the help of a personal trainer.

- Getting a personal trainer, even on a temporary basis while you are losing weight rapidly, will provide an environment in which you can be safe and productive. Try it for just a few months and then see what you think!!
- NEVER take nutritional advice from your personal trainer!
- Many patients have said that getting a personal trainer was the best thing they could have done during their weight loss. Trainers make exercise safe, more effective and more fun, and they keep us accountable! Many trainers will even come to your home if you don't have a gym near your house.
- **If cost is an issue, many at-home trainers will design a home program for you, check in with you by email, and visit you only once per month, adapting your programs for your needs and desired results as time goes by. This much less expensive and is a better option for most people than trying to go it alone.**
- Exercise is one of the two things that you can do to minimize the amount of extra skin that results from weight loss. (the other is drinking enough water)
- Lack of appropriate exercise is the leading cause of weight regain.
- You have a few months to lose weight with the balloon in place – use this time to the very best advantage!

3. Protein (and protein drinks)

At every meal, even after the balloon is removed, **protein should always be eaten first**. It is the most important part of your meal and it normalizes the blood sugar, thereby decreasing hunger. Eating bread and salads before your meal make you hungrier!

- **Protein should be 75% of every meal**
- Eating protein (and exercising) protects your muscles from getting broken down while your body is losing weight. Muscle loss results in people who look gaunt, skinny and bony. These people feel fatigued all the time and in

general, don't look or feel good, **and they regain their weight!**

- Protein is what makes us feel full and satisfied with a meal. (carbohydrates make us hungry)
- Protein keeps the blood sugar at a steady level and helps to prevent “bottoming out” and getting ravenously hungry.

•

Never blend protein powders/drinks with fruit, juice or milk as this adds unnecessary calories and raises your blood sugar too quickly, resulting in a “crash” followed by severe hunger! You should make 15-20 grams last at least one hour, to maximize absorption.

On the subject of blending, you should NEVER juice fruit or vegetables to try to lose weight. Quite the opposite occurs – juicing pours sugar into your system, increasing caloric intake and hunger. Juicing vegetables and fruit is a fast way to absorb calories and gain weight!

Many people find that mixing a protein powder or liquid into their water and drinking it throughout the day gives them a day-long boost and minimizes the chances of stimulating appetite due to being too strong all at once. Ask the staff in the office for recommendations on favorites of our patients.

4. Never Snack!!

Snacking is defined as eating when your body isn't chemically hungry (ie eating when your blood sugar feels normal) and is one of the most common reasons why people re-gain weight.

The body frequently can't tell the difference between hunger and thirst. So when we feel “hungry”, it's often because we are actually thirsty and drinking a glass of water is all it takes to give the body what it needs and make the feeling go away.

The balloon procedure doesn't stop you from eating little bits throughout the day. It only stops you from eating too much at once and it decreases hunger between meals. YOU must overcome the “head hunger” that leads to snacking. Identify your stressors, your triggers, which make you snack, so you can deal with them directly and not have to use food as security and comfort.

5. Supplementation:

Due to the decreased volume of food consumed and the limitation of grains and carbohydrates, you must take your vitamins every day.

- One Adult High Potency Multivitamins per day
- B-Complex, UNcoated, one per day

You should separate these two by a few hours, to enhance absorption.

Extra Help

What to Buy for After the Procedure:

- **Body Fat % Monitor/Scale:** Discuss this with Dr. Ellner. This is especially critical for out of town patients, who don't have access to Dr. Ellner's body fat % scale in the office.
- **Journal:** It's a good idea to chart your weight once per week. You will notice that your weight fluctuates up and down and you will sometimes lose several pounds all at once. You will go through "plateaus" where you won't lose any weight for days. This is all normal and it is important to weigh every day so you can become accustomed to your body's natural plateaus.
 - Take stock of what you are doing, not to punish yourself for misbehaving, but to make a mental plan every day to follow the rules and be the best you can be. Take this time to congratulate yourself on what you are doing well and make a plan to improve on other areas.
 - You should keep a journal of activities: exercise, pleasure, work, stressors and you will see how these things affect your appetite, your mood, your compliance with the program on a given day and your weight loss! You will notice how carbohydrates make you feel (they can lead to fatigue, bloat and depression) versus how protein will make you feel (generally more invigorated and alert).
- **Camera:** It's worth it to get a camera and take photos of yourself every month. You should take them standing in the same place in your house, near a picture or doorway, for instance, so you have a point of reference as you start to shrink. You will be amazed at how you may not notice just how much smaller you have become until you see the photos.

- Take the photos from the front, back and side each time, and put them in your journal.
 - If you have a digital camera, you can enter them in your online journal.
 - If someone close to you is looking for a nice gift for you as congratulation on your procedure, this is a nice gift that will provide lots of positive feedback.
- **Walking/Workout Shoes:** If you are starting out walking, be sure to get a supportive set of shoes, made for walking. You may develop back and joint pain if you try to walk in old sneakers. Nordstrom's' shoes are sometimes a little more expensive but they will generally replace them for free when they wear down. Movin' Shoes have locations in and around San Diego and they will let you try the shoes in their parking lot before you buy them. They have knowledgeable staff and can help you find the shoe that's right for your arches and the type of workout you will be doing and they can help you quite a bit.
 - **Exercise DVD for home use:** Discuss this with Dr. Ellner. She will assess your personal needs and guide your choice.
 - **Heart Rate Monitor:** It's very important to monitor your pace to get the most out of your workout. Get one that fits around your chest, as the ones on watches aren't as accurate.

Tips for Protein Drinks:

- Always dilute with 3-4 times the amount of water than what the instructions tell you to. If this decreases the flavor too much, you may add crystal light or another sugar free flavoring.
- Do NOT drink shots/bullets straight from the tube. Always dilute them with water.
- Make 15-20 grams last AT LEAST one hour. Do not drink them faster than this, as doing so decreases absorption and can cause bowel cramping and diarrhea.

- Should cramping/diarrhea/nausea occur, try diluting the drink more. If this fails, you will need to find another brand of drink.
- Any source of protein (whey, soy, vegetable based) is fine, as long as the criteria for sugar and carbs (less than 4 of each) are met.
- Avoid chocolate and vanilla flavors. They increase cravings and sabotage your efforts.
- If you don't care for fruit flavored drinks, try putting unflavored protein powder in chicken or beef broth. Unflavored powder may be used in crystal light, etc, as well.

6 Months – Time for the explant

You will have been given a date and time for your explant at the time when you scheduled your initial procedure. Be sure to confirm with the office at least 6 weeks ahead of this date that you will be available. The explant date can be moved to a sooner date but it cannot be moved to later than 6 months from the placement. It is EXTREMELY important to follow the following instructions for preparing for removal are as follows:

- Eat NO onions at all and NO raw vegetables for 7 days prior to explant

Starting **4 days before the procedure:**

- In the morning, drink one can of regular (not diet) Coca-Cola. This will clean the balloon and help dissolve residual food particles
- Eat no solid food for at least 4 days before the procedure
- Drink ONLY clear liquids. Thin, watery protein drinks are required (60 grams of protein per day, just as before the insertion procedure) but NO milky or thick ones are allowed.
- Stop all eating and drinking 12 hours before the procedure.

There must be NO food particles in the stomach during the removal of the balloon. Having solid food in the stomach would lead to your case being cancelled and you would be financially responsible to pay for the additional facility and anesthesia

fees. The balloon cannot be safely removed if solid food is present, because doing so would drastically increase your chances of food getting into your lungs during the procedure and leading to serious lung infection and damage.

Final Note:

We are only a phone call away for urgent or medical questions between appointments. You may email the post-op coordinator with non-urgent, non-medical matters. Never use email for medical issues.

**Thank you for your trust in us....
And congratulations!**

Dr. Ellner & Team