

Balloon Insertion Guidelines & Best Practices

Before your balloon is placed, you must:

- Meet with our Registered Dietitian **at least** once
- Complete any bloodwork prescribed by Dr. Nihalani or Jennifer Bacci PA-C

For at least two days before your balloon is placed:

- Consume only **clear liquids** (see post-op diet below)

The day before your balloon is placed:

- NPO: nothing by mouth (no food, no beverages) after midnight

The morning of your balloon placement:

- NPO: Nothing by mouth (no food, no beverages)
- Medication that you take every day (ex: thyroid, blood pressure, or heart medication) may be taken the morning of your procedure with a small sip of water IF it has been approved by Dr. Nihalani/Jennifer Bacci PA-C
 - Your provider will let you know which medications you are allowed to take the morning of and which should be temporarily held
 - Take anti-emetics morning of/night before procedure with small sip of water

After your balloon is placed:

- You must take prescribed Protonix (Pantoprazole) twice a day, EVERY day while your balloon is in place. This is REQUIRED in order to ensure you will not experience any balloon-related irritation or unnecessary wearing down of the balloon
- You will also be prescribed multiple anti-nausea medications which you may need during the first week after balloon placement
- ***ALWAYS contact the office if you have any trouble obtaining any prescribed medications or if any work note is required
- Do not drive, use machinery, or make important decisions for 24 hours.
- Do call the office if you have pain or redness at the area on your arm where the needle was placed for you IV fluids
- Do call if you don't urinate for 12 hours after going home. This may mean you are not getting enough fluids
- If you take medications, ask your doctor about how they should be taken.
- In the first 24 hours, drink at least 8 cups of liquid per day. Drinking liquids keeps you from becoming dehydrated and constipated.
- Take small sips

Balloon Insertion Guidelines & Best Practices

After balloon is placed (cont.)

- Sit upright for 3 to 4 hours after drinking. If resting, use a recliner rather than laying flat
- Do not drink more than one cup of coffee or caffeinated drinks per day. Caffeine can cause you to become dehydrated and can cause cramps or diarrhea
- Rest for 72 hours after the balloon is placed. Walking and other light activities are allowed
- Make monthly appointments with Registered Dietitian
- **Follow clear liquid diet 48 hours prior to balloon removal**

Possible side effects after placement:

- May cause upset stomach as your body gets used to the balloon
- You can expect to feel some nausea, throwing up, pain, and acid reflux

Balloon Removal Guidelines & Best Practices

- Consume only **clear liquids 48 hours prior** to removal
- FDA requires your balloon to be removed after 6 months,
- Additional balloon may be placed in succession (typically 1-2 weeks later)

***See post-op diet below**

Balloon Post-Op Diet

Clear Liquids: Day 1-3

Clear protein supplement

- Premier Clear
- Bariatric Advantage Clearly Protein
- Isopure Protein Drink or Isopure Infusion Powder
- biPro
- Protein2o

Broth

Bone broth

Calorie free drinks

- Propel
- Hint Water
- Stur Water Enhancer
- Sweet Leaf Water Drops

Sugar-Free Jello

Sugar-free ice pops

Decaffeinated tea

Full Liquids: Day 4-7 *Advance to full ONLY if tolerating clear liquids

Protein Shakes (aim for two protein shakes per day)

- Premier Protein
- Fairlife Nutrition Plan
- Ensure Max Protein
- Iconic Protein
- Protein Powder (more than 20 gram protein, less than 10 gram carbohydrate)

Milk

- Fairlife
- Unsweetened almond milk, oatmilk, soymilk
- Lactaid
- Unsweetened Silk Protein

Balloon Post-Op Diet

Full Liquids cont: Days 4-7

Greek Yogurt (avoid pieces)

- Chobani Complete or Less Sugar
- Oikos Triple Zero
- Siggis
- Yoplait Greek
- Dannon Light and Fit Greek

Low fat creamy soups (strain if needed)

Sugar free pudding

Cream of Wheat made with skim milk

Soft Diet: Day 8-14

Protein shake (aim for one protein shake per day)

Cottage cheese

Ricotta cheese

Part-Skim string cheese

Laughing Cow

Babybel

Eggs

Canned chicken, tuna, or salmon + low fat mayo

White flaky fish-cod, flounder, tilapia, whiting

Tofu

Edamame

Cooked beans, peas, lentils

High protein, low sodium soups

Soft cooked vegetables (zucchini, broccoli, string beans, carrots, cauliflower)

Plain oats

***At this point you should have your first follow up visit wither completed or scheduled to be seen within a couple of days**

Regular Diet: Day 15

At this point you can introduce solid textured foods, focusing on lean proteins and vegetables. Continue with one protein shake as a meal replacement. Avoid grazing and picking!