

## **GASTRIC BAND ADJUSTMENT**

Your surgeon has inserted an adjustable band around the upper part of your stomach to limit and control the amount of food you eat. There is a small port attached to the band. This port is just under the skin which you may be able to feel. Fluid can then be injected or withdrawn to adjust the size of the band. This enables you to feel full sooner, and the feeling lasts longer. Your band is usually adjusted 6-8 weeks following surgery then as needed after that. You may need a number of visits to the X-ray Department before the band is adjusted to the right tightness for you.

### **Risks and Benefits...**

The benefit of this procedure is that it will help you lose weight without requiring further surgery. You should ideally be achieving a weight loss of 1kg (2.2 pounds) each week. You should reach your target weight over a period of two years. It is a safe and quick procedure and does not require admission to hospital.

This procedure can also be used to check if there are any problems, such as an enlarged gastric pouch, or whether the band has slipped or is leaking. There are no major risks to this procedure. Sometimes the band is unable to be tightened because the port has moved into a position that can't be accessed. If the band is too tight you may vomit or feel that the food gets stuck. If the band is too loose you may notice that you are not losing much weight. There is a very small risk of infection at the port site which can usually be treated with antibiotics but in some cases requires port and band removal.

### **What happens on the day of my appointment?**

You must not have any food for four hours before your procedure, and no drink for two hours before your procedure. Please come to the X-ray Reception (Level 3) at the time of your appointment. If you are late, it may not be possible to carry out your procedure and it will have to be rebooked.

### **Before the procedure**

In the X-ray Department you will be seen by a doctor who will discuss the procedure with you. Please ask any questions you may have as it is important that you understand what is going to happen. If you are female it is advised that you don't get pregnant for 12 months after your band was inserted. However, please let us know if there is a chance you could be pregnant before your procedure.

### **During the procedure**

In the procedure room you will lie on a special x-ray table. The area over your port (usually the left hand side of your abdomen) will be cleaned with antiseptic fluid and you will be covered with a sterile drape. The doctor

will give you an injection of local anaesthetic to numb the skin over the port site. This will cause some stinging initially then go numb. Throughout the procedure a nurse will be with you. Please let the nurse know if you feel any discomfort. The procedure should not cause you any pain. Using the X-ray machine, the doctor will place a special needle into the port. When the needle is in place, the doctor will ask you to drink a special drink (called barium) which will show up on the X-ray pictures. We can then see how much the band needs adjusting. The doctor will insert some fluid through the needle into the band so that the drink will move through the band slowly. It is important to let the doctor know if you feel any discomfort while swallowing at this point. The procedure will take about 15 minutes, but may take longer.