

ORBERA POST-PLACEMENT INSTRUCTIONS

MY FOLLOW-UP VISITS:

First follow-up (1 week): _____

1 month follow-up: _____

3 month follow-up: _____

5 month follow-up _____

AFTER YOUR PROCEDURE:

- You may resume normal activity as soon as you feel ready.
- Plan to take 2-3 days off work after the procedure.
- Continue taking Prilosec 20mg twice daily.
- You may use Zofran (ondansetron) every 6-8 hours as needed for nausea.
- You may take Emend 40mg once daily for severe nausea.
- Tylenol (acetaminophen) may be used for any discomfort.
- Levsin (hyoscyamine) may be used for any cramping.
- To minimize nausea:
 - o Drink slowly, taking small sips. Wait between sips for a minute or two.
 - o Do not drink more than ½ cup at a time.
 - o Lying on your left side can help to alleviate nausea.
- CONTACT us if you are unable to maintain sufficient fluid intake, if you are feeling dehydrated, or you have significant nausea and vomiting despite the above measures.

IV FLUID HYDRATION

- We will arrange for a nurse to provide IV fluids for you on the day following your procedure. This will be provided in your home. You will be contacted with their arrival time.

DAY 1-3: FOLLOW A CLEAR LIQUID DIET

- Drink 64 oz (8 cups) of clear fluids each day.
- Examples: water, low-sugar sports drinks, decaf tea, chicken broth, Jell-o, sugar-free popsicles.
- Avoid sodas, coffee, and alcoholic beverages.

DAY 3-14: FULL LIQUIDS

- Continue to drink plenty of clear liquids and water (goal: 64 ounces per day).
- Slowly add full liquids, starting with small sips.
- Examples of full liquids:
 - Any clear liquids
 - Skim milk or low-calorie soy milk
 - Protein shakes (we recommend Premier Protein)
 - Meal replacement shakes
 - Vegetable soup without chunks of vegetables (strained)
 - Low fat yogurt
 - Weak coffee
- Start taking a chewable multivitamin.
- Aim for 60 GRAMS of protein per day.

WEEK 3: PUREED FOODS

- If you are tolerating full liquids without difficulty, you may advance to pureed foods.
- Continue to drink 64 ounces of liquid each day.
- Continue a daily multivitamin and aim for 60g of protein each day.
- Stop eating if you feel discomfort or pressure.
- Examples of pureed food:
 - Pureed soup
 - Pureed fruit or vegetables
 - Low-fat smoothies
 - Cottage cheese
 - Baby food
- To make a simple puree: cut food into small pieces and place in a blender or food processor. Add liquid (water, apple juice, chicken broth) to cover the blades. Blend to an apple sauce consistency.

WEEK 4: SOFT FOODS

- If you are tolerating pureed foods, you may now advance to soft (non-pureed) foods.
- Select foods that are low in calories, fat, and carbohydrates.
- Eat slowly, and stop if you feel any discomfort.
- Examples of soft foods:
 - Oatmeal or Cream of Wheat
 - Yogurt
 - Soft fruits, such as ripe banana and orange sections
 - Boiled eggs

- Peanut or almond butter
- Tender cooked or canned vegetables
- Canned tuna, chicken, or salmon
- Tofu

WEEK 5+ (MAINTENANCE): LOW FAT, LOW CARBOHYDRATE DIET

- At this point, you will transition to the final stage of your diet, which you will follow for the remainder of the 6 month Orbera treatment.
- You will work with your dietician to craft the ideal diet for you.
- Continue a daily multivitamin and aim for 60g of protein intake each day.
- Introduce one solid food at a time to be sure that you can tolerate it.
- Drink a glass of water 30 minutes before each meal. Refrain from drinking during meals.
- Drink 2 glasses of water after each meal.
- Limit starches, such as rice, bread, and pasta. These can cling to the balloon and cause bad breath.
- Eat lean proteins, such as grilled chicken breast or salmon, steamed tilapia, or lean steak.