

# ORBERA PRE-PLACEMENT INSTRUCTIONS

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## MY PROCEDURE INFORMATION:

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Procedure Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

**WAKEMED NORTH FAMILY HEALTH AND WOMEN'S HOSPITAL  
10000 FALLS OF NEUSE ROAD, RALEIGH, NC 27614**

## PLEASE OBTAIN THE FOLLOWING MEDICATIONS (PRESCRIPTIONS PROVIDED)

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- Prilosec (omeprazole) 20mg - 1 month supply with 5 refills
- Zofran (ondansetron) 8mg – 30 pills with 1 refill
- Emend (aprepitant) 40mg – 3 pills with 1 refill
- Levsin (hyoscyamine) 0.125mg – 30 pills with 1 refill
- Compare prices at GoodRx.com, particularly for Emend, which can be expensive depending on insurance coverage

## TWO WEEKS PRIOR TO YOUR PROCEDURE:

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- START:** Omeprazole (Prilosec) 20mg **TWICE DAILY** (30 minutes before breakfast and dinner). You will continue to take this medication for the next 6 months, or until the balloon is removed.
- STOP:** Anti-inflammatory drugs (NSAIDS) such as ibuprofen, Advil, Motrin, Aleve, Aspirin
- Tylenol may be used freely, including the day of procedure.

## THE NIGHT BEFORE YOUR PROCEDURE:

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- You should have **NOTHING TO EAT OR DRINK** beginning **12 HOURS** before your procedure.

## PROCEDURE DAY:

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- TAKE 1 DOSE OF EMEND** (40mg) **3 HOURS** before your procedure. This will help to reduce nausea.
- Please take any morning blood pressure or heart medications with small sips of water. Otherwise, you are to have absolutely **NOTHING TO EAT OR DRINK** the day of your procedure.

- If you are on insulin or oral diabetes medications, please consult with your physician to discuss adjusting these medications. Typically, we recommend NOT taking your diabetes medications the morning of the procedure, as you will be fasting.
- Please arrive 2 HOURS prior to your procedure time. Check in at the Concierge Desk at the main entrance of WakeMed North hospital. You will be taken to the same day surgery suite.
- A licensed driver (18 and older) MUST accompany you and remain during your visit.
- Plan on spending 3 hours at the hospital. Do not bring jewelry or valuables.
- Wear comfortable clothing. Do not wear contact lenses. Bring warm socks.