

ORBERA BALLOON REMOVAL INSTRUCTIONS

MY PROCEDURE INFORMATION:

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)

- Reglan (metoclopramide):** 10mg pills. Take 3 times daily before meals, and at bedtime. (12 pills, 0 refills).

3 DAYS (72 HOURS) BEFORE YOUR PROCEDURE:

- FOLLOW A FULL LIQUID DIET** today. No solid food from this point forward.
- It is extremely important to have no solid food from now until your procedure.** Your stomach empties very slowly with the balloon inside. We need to ensure that all solid food has emptied out of your stomach before your removal procedure, or it may need to be canceled.
- Examples of full liquids:
- Any clear liquids
 - Skim milk or low-calorie soy milk
 - Protein or meal replacement shakes
 - Vegetable soup without chunks of vegetables (strained)
 - Low fat yogurt
 - Weak coffee

2 DAYS (48 HOURS) BEFORE YOUR PROCEDURE:

- BEGIN A CLEAR LIQUID DIET**
- Examples: water, low-sugar sports drinks, decaf tea, chicken broth, Jell-o, sugar-free popsicles
- Clear liquids only: No protein shakes, smoothies, or purees during this time
- START taking Reglan (metoclopramide) 10mg before each meal and at bedtime.** A prescription will be provided to you. This helps to promote emptying of your stomach.

THE NIGHT BEFORE YOUR PROCEDURE:

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

PROCEDURE DAY:

- 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.