

## ESG FAQs

### What is Endoscopic Sleeve Gastroplasty (ESG)?

- ESG is an endoscopic, incisionless technique that reduces the size of the stomach through internal suturing. The stomach size is reduced by approximately 70% by internally “plicating” or folding the stomach with stitches. The procedure is sometimes referred to as the Accordion Procedure. After completion of the procedure, the stomach has a sleeve-like shape, similar to a surgical sleeve gastrectomy.

### How is ESG different than a surgical sleeve gastrectomy?

- The key difference is that ESG is non-surgical. There are no incisions. It is performed entirely through the mouth using an endoscopic suturing system (Apollo Overstitch). This allows for a fast recovery and healing. The procedure is done on a same-day, outpatient basis. While ESG reduces the size of the stomach to a similar degree as a surgical sleeve gastrectomy, it does not involve *removal* of any portion of the stomach, which is a key difference.

### How many sutures are placed in the stomach?

- An average of 6-8 sutures are placed along the greater curve of the stomach. The exact number will vary based on the size and shape of the stomach.

### What happens to the sutures after I heal? Are they dissolvable?

- Following the ESG procedure, the internal sutures will hold the stomach in the new, sleeve shape, until it fully heals. After the stomach heals, it will remain in the new shape and size. The sutures are no longer needed but will remain in place. They are very small and thin (like fishing line). They do not cause any symptoms and you would not know they are there. This is very similar to other internal surgeries, where sutures and staples remain in place afterward. Dissolvable sutures would not be strong enough for this type of procedure.

### What are the most common side effects?

- The most common side effects are nausea and abdominal pain. These are typically mild and treated with anti-nausea medications and pain relievers. Approximately one-third of patients will experience these symptoms.

### Who is a candidate for this procedure?

- Anyone who is obese and has not achieved their desired weight loss through diet and exercise. There is no specific weight or body mass index (BMI) required for the procedure, though most patients will have a BMI somewhere between 30 and 40. However, the procedure has been performed in individuals with higher BMIs who are not interested in pursuing surgical treatments.

### Who cannot have an ESG?

- The main contraindication to ESG would be the presence a known stomach problem, such as a stomach ulcer, gastric cancer, or prior surgery that would interfere with the ability to suture the stomach. Major health problems or bleeding disorders would also be a contraindication.

How long does the procedure take?

- Approximately 60-90 minutes. The procedure is performed under general anesthesia in an endoscopy suite. You will recover for approximately 2 hours after the procedure, when we will provide additional IV fluids and any necessary pain or nausea relief. You will then be discharged home.

When can I return to work?

- We recommend taking 2-3 days off after the procedure, to rest and recover.

How much weight can I lose?

- Actual weight loss will vary based on starting weight, motivation level, and adherence to our dietary recommendations. Current studies suggest an *average* weight loss of 20% total body weight.

Is the procedure permanent?

- Once the stomach heals, it should remain in the same shape long-term. U.S. studies tell us that weight loss after ESG persists for a full 2 years. Longer studies are still needed to evaluate weight loss beyond the 2-year mark. The key to sustaining the weight loss is to adhere to the recommended diet. We advise that overeating can lead to weight regain and/or failure of the sleeve over time, as with any weight loss procedure.

How does ESG compare to other endoscopic weight loss options, such as Orbera?

- Orbera and Obalon are gastric balloon systems that promote weight loss by occupying space in the stomach. These are 6-month treatments, and are very useful for someone who needs help losing 30-50lbs. They are particularly helpful for those who need motivation, or a kickstart, to achieve weight loss. Many patients will maintain their weight after the balloon(s) is(are) removed, but there is no guarantee. ESG offers a long-term weight loss solution. The results are proven to be more durable than the intragastric balloons, and therefore may be a better option for those tend to re-gain weight, or "yo-yo," after weight loss efforts. We recommend consulting with a physician to decide which option would be best for your goals.