

## **INFORMATION FOR PATIENTS UNDERGOING GASTRIC BAND ADJUSTMENT.**

### **WHAT IS A GASTRIC BAND ADJUSTMENT (FILL)?**

The gastric band that you have had inserted is adjusted/ inflated with saline via the small access port placed under the skin. This initial procedure is usually performed in the X-Ray department. Following this, an adjustment can be performed using an aseptic technique in an outpatient setting. A specially trained team member always carries out the gastric band adjustment. This may be your consultant, a specialist bariatric nurse or dietitian.

When fluid is introduced the band expands. The top of the stomach narrows and slows the passage of food in to the stomach. When used in conjunction with the correct eating behaviours, a correctly adjusted band can lead to sustained weight loss.

It is important that you bring with you the gastric band adjustment log so that details of your band fill can be recorded.

### **WHEN DO I NEED MY BAND ADJUSTMENTS?**

Your 1<sup>st</sup> band adjustment is usually carried out six weeks after your operation. The bariatric team will ring you approximately 1 week prior to your appointment to ensure you are ready for the adjustment. Indications for band adjustments are; you are feeling hungry, you are able to eat larger portions and your weight loss has slowed down or you may have gained weight.

Further adjustments are tailored to you individual needs. You may require two or three fills before your band is working optimally for you. We normally try to schedule these early appointments for every four weeks to get you in to the optimal zone as quickly as possible. It is important that fluid is introduced in to the band in small increments to avoid the problems with an over tight band.

Symptoms of a tight band include difficulty swallowing, heartburn, cough, regurgitation of food and reliance on soft foods. If you experience any of these symptoms it is important to contact your local bariatric team. Although you may experience initial weight loss, people with an over tight band fail to lose weight over the long term and run the risk of developing a band complication.

Please contact your local bariatric team if you require further advice.

## **ARE YOU REQUIRED TO MAKE ANY SPECIAL PREPARATIONS?**

No special preparation is required. You do not need to starve for this procedure.

## **ON ARRIVAL AT THE DEPARTMENT.**

After you have reported to reception, you will be weighed and then taken into the clinical room. You are not usually required to undress.

## **WHAT HAPPENS DURING THE PROCEDURE?**

The consultant or band adjustment specialist will start by asking you questions to find out how you are getting on with the band. It is important that these are answered honestly, so the specialist can assess the degree of adjustment that is required. Not all visits will result in an adjustment, while some visits may result in fluid being taken out of the band.

If an adjustment is required, the specialist will clean around the port site with iodine or alcohol and you will also be offered a local anaesthetic to numb the area. The access port is then located and filled with a small amount of fluid using a small needle.

If your adjustment is performed in the X-ray department, you will then be asked to stand and drink a liquid that shows up on X-Ray (barium). This will enable the consultant to ensure the band is in the correct position and not too tight.

The whole procedure usually takes less than 20 minutes.

## **WHAT CAN I EXPECT AFTERWARDS?**

You are advised to take a soft diet only for the first 24hrs after your band fill. Then it is important to go back to eating normal solid food, drinking plenty of fluids between meals.

You should be aware of some restriction, therefore limiting the amount of food you can eat, however this is an individual experience. When in the ideal zone for optimal weight loss you should experience:

1. Satisfaction with small meals
2. Early and prolonged satiety
3. Satisfactory weight loss or maintenance

After an adjustment you should still be able to eat normal textured foods, including meat, but will have to take very small bites and chew particularly slowly

and carefully. You should not experience any restriction to the passage of liquids.

### **CAN MY BAND BE ADJUSTED TOO TIGHTLY?**

Yes, if this happens you will have difficulty swallowing, and you may experience heartburn and frequent vomiting. In the unlikely event of this happening, please contact the bariatric nurse straight away. It is important not to leave a tight band for too long as this can lead to weight loss failure in the long term.

### **WHAT IF I AM STILL FEELING HUNGRY AFTER MY BAND ADJUSTMENT?**

How often you need your band adjusted will be tailored to your individual needs. If after two weeks following your fill you are still feeling hungry and are able to eat larger portions without difficulty, you should contact the bariatric team for advice, and if necessary an appointment for a further band adjustment will be made for you.

**If you have any further concerns or queries please contact your local bariatric team.**

