

Bariatric post insertion of gastric balloon information card

This card has been designed to aid you in your recovery from insertion of your gastric balloon. This is only a guide and does not replace the individual information you are given during your appointments with your healthcare professionals.

There is always someone who is able to help you 24 hours a day and this card is a guide as to who or where to contact if you experience any problems whilst your balloon is in place.

The bariatric service at Northumbria cares for patients from the whole Northern region and it is advisable that if patients have a problem they contact one of the experienced team for help. If you do have to ask a non-bariatric healthcare professional for help, please always show them this card and ask them to contact the bariatric team for advice/support, if they feel it is necessary.

Bariatric clinical nurse specialist - 0191 2934006
Monday-Friday - 8am-5pm

Bariatric dietitians - 0191 2932707
Monday-Friday - 8:30am-4:30pm

Surgical assessment unit
at The Northumbria Hospital - 0191 6072006
8am-5pm

Consultant secretaries - 0191 2932506 or 0191 2934079
8:30am-5pm

Out of hours - if in any doubt go to The Northumbria Hospital in Cramlington.

Gastric balloon after care and common questions

- 1. How much fluid should I be drinking?** Drinking plenty of fluid is very important after insertion of a gastric balloon. Fluid prevents dehydration and can help prevent constipation. By day 7, you should drink at least 1 litre per day. By day 14 this should increase to 1.5 – 2 litres a day. **Any problems with this please call the bariatric dietitian or nurse specialist.**
- 2. How much food should I be eating?** Follow advice in the booklet given to you by the dietitian. **Any problems with this please call the bariatric dietitian or nurse specialist.**
- 3. I think I am constipated.** Ensure you are drinking enough fluids. Your bowels should be opening approximately twice per week. **Any problems with this please call the bariatric dietitian or nurse specialist.**
4. You should take your stomach medication (lansoprazole/omeprazole) **every** day whilst your balloon is in place.
5. Non-steroidal anti-inflammatory drugs (NSAIDS) such as Naproxen, Ibuprofen and Diclofenac should be avoided **unless approved by the consultant.** Any problems with this please call the bariatric nurse specialist.
6. **General advice.** Usually when you feel able, you can start gentle exercise. Flying abroad is not recommended with a gastric balloon in place.
7. It is normal to experience nausea and/or vomiting for up to seven days after insertion of the balloon. **If the vomiting continues after this or starts again at any time while the balloon is in place, contact the bariatric nurse specialist or dietitian.**
8. **I am in terrible pain and/or do not feel well at all/ I have blue urine or stools. I cannot contact the nurse specialist. Call 999 or go straight to The Northumbria Hospital.**

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