

ENDOSLEEVE GASTROPLASTY – FACT SHEET

Main Features

NOT SURGERY – No incisions / No scars
Little or no pain
No physical restrictions after surgery
Quicker recovery than laparoscopy
Return to work 24-72 hours
No work restrictions

Who is a Candidate?

Any significantly overweight person BMI > 28 with comorbidities

- Diabetes
- High blood pressure
- High cholesterol or triglycerides
- Obstructive sleep apnea
- Family history of heart disease or stroke

BMI > 30 without comorbidities
People who don't want surgery

Contraindications

General to anesthesia or surgery – e.g. bleeding disorders, cardiac risk of GETA
No procedure specific

Downside

Longevity is unknown – minimum of 24 months
Weight regain unknown

Diet after ESG

Low sugar clear liquids week 1
Soft low fat low sugar diet weeks 2-4
Low fat low sugar high protein diet after 1 month

Is it reversible?

The sutures inside the stomach DO NOT re-absorb. So, the procedure cannot be considered completely reversible

However, there are several patients reported who had a Laparoscopic Sleeve Gastrectomy after ESG without any problem (i.e. does not prevent further procedures)

Risks

Standard risk of general anesthesia

Bleeding < 1%

Leak < 1%

Obstruction

Injury to the esophagus

Failure to lose weight – Weight regain (unknown)

Exercise

Patients start an exercise program before ESG

Little to no interruption due to the procedure

Minimum of 150 minutes a week of some activity

- Measure the exercise – steps/distance/time
- Set goals
- Exercise with someone else – family, co-worker

Procedure

General anesthesia in the operating room

1-3 hours

Sore throat for 48 hours after

Go home the same day

What to Expect

Eat less*

Feel full faster*

Weight loss*