Information for patients

Laparoscopic Gastric Band Adjustment

Sheffield Teaching Hospitals NHS Foundation Trust

smoke-free hospitals

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In order for your gastric band to work effectively by restricting your dietary intake, it will need inflating with fluid approximately six weeks after your operation. If you do not have your band inflated you will have no restriction as regards your portion sizes. The procedure is undertaken by doctors/radiographers or the specialist nurse in the Radiology (X-ray Department), and no preparation is required. It is carried out as an outpatient.

**What will happen when I arrive in the department?**

- You will be asked to change into a gown and to remove your clothes from the waist upwards, as the Radiologist will need to have access to the special reservoir, which has been placed under your skin on the left hand side of your abdomen.

- Once in the X-ray room you will be asked to lie down on your back on the X-ray table. The Radiologist will then locate the special reservoir and an X-ray will be taken to ensure that this has been identified correctly.

- A local anaesthetic will be injected into that area of the abdomen, which will sting for a second or two and then become numb.

- A slightly larger needle will be used to pierce the silicone surface of the special reservoir but you will not feel any discomfort, as the area has been anaesthetised.

- One or two X-rays will be taken to ensure that the second needle has been correctly positioned.
• The X-ray table will then be adjusted so that you are almost standing upright as this provides a much clearer view of what is happening in the stomach when you swallow.

• You will then be given a drink of white fluid, which will show up on the X-ray picture. This is not particularly unpleasant and has a chalky texture.

• The Radiologist will then give you instructions on when to take small sips and during this process, fluid will be injected through the needle, into the special reservoir, which will inflate the silicone band.

  Achieving the correct amount of fluid may take a minute or two and some fluid may be withdrawn through the needle if the Radiologist decides that there is too much restriction.

• Once the X-ray has shown that there is acceptable restriction, the procedure is over and the needle will be withdrawn.

The Radiologist will tell you how much fluid has been injected into the band and it would be helpful if you asked him to record this in the appropriate place at the end of this leaflet. This will then be a permanent record for you to keep should further adjustments be required in the future.

You can also bring the leaflet to clinic, which will help staff when dealing with your future management and care.
It is important to remember from now on, to restrict your dietary intake as advised on your diet sheet. Ensure that all meals are as nutritious as possible and that you eat slowly and stop eating when you feel full. If you repeatedly over estimate your portion size and/or snack between meals, or take food and fluid together, you may eventually stretch the gastric pouch and lose the effectiveness of the gastric band.

After your band is adjusted you are advised that you go back to a liquid diet and gradually work your way towards a textured diet, as directed in the diet sheet.

What do I do if my dietary intake seems bigger than a tea plate size portion?

Your portion sizes should be no more than a tea plate, so if you are eating more than this with no associated problems and you are able to eat ALL foods, including the caution foods such as pasta, rice, salad, fruit and meat, it may be time to have the band tightened. Before making this assumption however, be sure that you are giving yourself plenty of time to feel full after each meal and that you have no discomfort or feelings of nausea both during and after eating.

If you feel that the band is too loose, you can contact:

Liz Govan or Nerissa Walker on 0114 2269083 for advice. If your band does need adjusting you will need to attend the outpatients clinic for a full assessment.

Please have your hospital number available (written on clinic appointment card), when telephoning to ensure quick access to your records.
What do I do if my dietary intake seems very limited?

If you are not able to eat portion sizes equivalent to 2 - 4 tablespoons of pureed food without experiencing problems such as vomiting or acid reflux, it may be that the band has been set too tight.

Before making this assumption be sure that your portion sizes are not too large and that you are leaving enough time between each meal, chewing well and not taking food and fluid together.

If you are still sure that the band is too tight, you can contact:

Liz Govan or Nerissa Walker on 0114 2269083 and an appointment to attend the Radiology Department for assessment and re - adjustment will be organised.

Please have your hospital number available (written on clinic appointment card), when telephoning to ensure quick access to your records.

How many times will the band need adjusting?

The aim is to set the band correctly on your first visit to the Radiology Department but this is not always possible with every patient.

The band may need adjustment two or three times but will be worth this extra inconvenience to have it correctly set, so that weight loss is achieved without any unpleasant effects.
Routine gastric band adjustments cannot be made over the telephone and should not be necessary more than 2 years after your surgery.

Please use this space to record how much fluid is in the band:

Fluid in band.......................mls  Date..............................
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Gastric Band Emergency:

If you experience any of the following symptoms:

- Acid reflux: acid coming back up into your mouth, worse when you lay down.
- Severe 'heartburn'.
- Fluid coming back up into your mouth, and possibly nose, when you lay down.
- Coughing when laid down
- Regurgitation of foods/fluids just eaten
- Regular vomiting

your gastric band may be too tight or may have 'slipped' position.

Telephone: **0114 226 9083** and the Nurse Specialist or Dietitian will arrange an urgent barium swallow for you in our X-ray department.
Sheffield Teaching Hospitals supports organ donation. Do you?

organdonation.nhs.uk

This information can be made available on request in alternative formats including Braille, large print, audio, electronically and other languages. For further details email: alternativeformats@sth.nhs.uk

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