



## Orbera Gastric Balloon Medication Protocol

### Medication List

PPI – Nexium (OTC) or Prescription antireflux medications

Antiemetic – Emend and Zofran,  
Antispasmodic - Levsin

### Pre-Placement

- **Liquids:** Only for the day preceding the procedure, and then NPO after midnight
- **PPIs:** Oral PPIs can be obtained OTC or by prescription. Typically OTC (Over the Counter) generics are the most affordable. Typically Nexium is cheapest but any should be fine. Starting one week before placement and continuing while the balloon is in place, it is recommended that you double dose the medications.
- **Antiemetic** (3 hours before procedure)
  - o emend/aprepitant 2 hours before the procedure (**NOT PROVIDED BY HOSPITAL**)
  - o Zofran with a small sip of water to be given at hospital
  - o Scopolamine 1.5mg transdermal patch behind ear x 72 hours (gloves should be used for placement and removal and the patch covered so no bare hands touch it) to be given at hospital

### Post-Placement

- **Antiemetic:**
  - o Zofran (ondansetron) ODT 8mg - take every four hours for the first 24 hours even if asymptomatic
  - o Emend 40mg - take daily after the procedure (ok to defer if too expensive)
- **Antispasmodic:** Levsin (hyoscyamine) 0.125mg – 0.25mg SL (under the tongue) or PO (by mouth)
  - o Every four hours for spasms or cramping - alternate with Zofran (ondansetron)
- **Anxiolytic:** Ativan (lorazepam) 1 – 2mg PO BID or TID
- **PPI:** twice daily
  - o Maalox OTC for reflux symptoms

### Pre-Removal

- **Liquids** only: 2 days prior to removal procedure, and then NPO for 12 hours prior to procedure. At least 2 carbonated beverage each day for 2 days before.

### Post-Removal

- **PPIs:** oral PPI regular dosing for one week

## Orbera Gastric Balloon Diet Protocol



### Liquid Diet (Days 0-6)

1. Clear liquids – These count towards your water. Continue clear liquids for 1-2 days after the procedure.
  - a. Water
  - b. Diluted juice (1 part juice, 3 parts water)
  - c. Decaf tea
  - d. Broth
  - e. Sugar-free jello
  - f. Sugar-free popsicles (no fruit or cream)
  - g. Protein drinks
2. Protein shakes – Once clear liquids are feeling more comfortable, you can continue to rest of the weeks with protein drinks in addition to clears.
  - a. At least 20g of protein/serving
  - b. No more than 10g of carbs/serving
  - c. Whey protein powder is recommended and can be mixed with the following:
    - i. Water,
    - ii. Nonfat or Low fat milk
    - iii. Unsweetened Almond or Soy milk
    - iv. Fruit and yogurt cannot be added
3. Tips
  - a. Sip slowly – 1oz at a time (4-8oz/hour)
  - b. Aim for 64oz of clear liquids/day (48oz minimum)
  - c. Wait a minute or 2 in between sips if feeling overly full or nauseous
  - d. Aim for 65g of protein/day (40g minimum)

### Transitional Diet (Days 7-10)

1. Start with 1oz every 2 hours (do not exceed 4oz/meal)
2. Continue with protein shakes and fluids in between meals, but not with meals
3. Preselect Foods
  - a. Greek yogurt or low carb yogurt
  - b. Low fat cottage cheese
  - c. Sugar free pudding
  - d. Low fat refried beans
  - e. Egg whites or egg beaters
  - f. Low fat cream soups with added protein powder

### Soft Diet (Days 11-20)



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1. Continue 1-4oz every 2-3 hours
  - a. Start with less and see how you feel
  - b. Always measure
2. Limit protein drinks
3. Soft food rules:
  - a. Nothing Spicy
  - b. Nothing Crunchy
  - c. Nothing you have to cut with a knife and a fork
4. Optimal food choices
  - a. Egg white or Egg Beaters
  - b. Dairy/Cheese-low fat options
    - i. Cottage cheese, string cheese, shredded cheese, Greek yogurt
  - c. Fish & Shellfish (no bones)
  - d. Ground or canned chicken or turkey
  - e. Ground beef (sirloins and roasts are preferable)
5. Food preparation
  - a. Boil, broil, bake, poach, barbeque, crockpots
  - b. Remove any visible fat before cooking
  - c. Nothing deep-fried
  - d. Soak dry foods in water or broth and pull apart into very small pieces
6. Foods to avoid
  - a. Raw fruits/vegetables (nothing crunchy)
  - b. Spicy foods
  - c. Tough/stringy or overcooked meats
7. Plant sources of protein-not as high in protein as an animal protein
  - a. Creamy nut butters (peanut butter, almond butter)
  - b. Beans
  - c. Soy products (tofu, edamame/soy beans)
  - d. 4 oz of a plant based protein food=5-10 grams of protein whereas  
1 oz of an animal based protein food=5-10 grams of protein
8. Don't forget fluids!
  - a. Goal of 64 oz/day, remember to sip, sip, sip!

### **Solid Diet (Days 21 and beyond)**

1. Introduce solid foods one at a time
  - a. Start with less and listen to your pouch (dense foods take up more room)
  - b. Always measure
  - c. Go slow with new choices
2. Limit bread, pasta, rice, and starches – they can stick to balloon and cause bad breath
3. Avoid eating and drinking at the same time – 15 minutes before and 45 min after

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4. Take pea size bites and chew thoroughly
5. Consume 65-75 grams of protein every day
6. Optimal food choices
  - a. Protein first - 75-100% of meals
  - b. Some complex carbs (fruits, vegetables, whole grains) – 0-25%
  - c. Choose mainly dense proteins (chicken, turkey, fish, beef)
7. Food preparation
  - a. Boil, broil, bake, poach, barbeque, crockpots
  - b. Remove any visible fat before cooking
  - c. Nothing deep-fried
8. Foods to avoid
  - a. Tough/stringy or overcooked meats
  - b. Foods hard to chew up that might get stuck
  - c. Refined (white) carbs
  - d. Fried or high fat foods
  - e. Protein shakes
9. Don't forget fluids!
  - a. Goal of 64 oz/day, remember to sip, sip, sip!

### **Retrieval Diet (start 2 days prior to removal)**

1. 2 Day clear liquids
2. 12 hours NPO before procedure
3. 2 servings of carbonated water 1 day prior to removal

### **Nausea Recommendations**

For most patients, nausea resolves after the first 2-4 days. To minimize nausea, we recommend a few things:

- 1) Hydration is paramount. All patients should target 1.5L of fluid daily. Controlled fluid intake should be followed for 2-3 days post balloon placement. Choose which of the following is best for you.
  - a. Frequent Small Sips of water
    - i. Drink slowly, taking small sips
    - ii. Wait between the sips for a minute or two
    - iii. Do not drink more than ~ ½ cup at once
  - b. Normal volume at Interval Timing
    - i. Drink as much as you feel like (8 – 16oz)
    - ii. Wait 4-5 hours before drinking again
- 2) Nausea medications. You should have a prescription for Emend or Zofran. Take as directed.



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- 3) Lay on your left side. This helps the balloon to move out of position to allow the stomach to drain. You should not stay in the position for a prolonged period of time.

If nausea persists despite these maneuvers and you are unable to maintain hydration, please call the office at 469-620-0222. If there are concerns of low blood pressure, high heart rate, dizziness, or other signs of dehydration, intravenous fluids may be necessary. In some situations, this can be facilitated in our clinic, otherwise a visit to your local ED or Urgent Care center may be necessary.