



Patient Information for Gastric Band Assessment or Adjustment

Please read all this information carefully. Please note your gastric band will only be adjusted if required and if clinically indicated to do so.

What is a Gastric Band Assessment?

You currently have a gastric band placed around your stomach to aid weight loss by restricting your stomach size. This band needs to be assessed to aid the decision in your patient pathway.

What is a Gastric Band Adjustment?

You currently have a gastric band placed around your stomach to aid weight loss by restricting your stomach size. This band needs to be adjusted so that your weight loss can continue in a safe manner.

Why has my doctor sent me for a Gastric Band Adjustment?

Your hospital practitioner may have decided that it is appropriate for your gastric band to be assessed or adjusted, producing a greater or lesser effect on your eating.

What preparation will I need?

You should have **nothing** to eat or drink for a minimum of 4 hours before your examination. For a morning appointment, a late dinner (up until 11pm) the night before your examination is fine. For afternoon appointment - an early breakfast is fine.

Important note for patients with diabetes: If you have an early morning appointment bring your morning medication and a snack with you. If you have an afternoon appointment eat breakfast and take your morning medication at least 4 hours before your appointment, bring a snack and any afternoon medications with you. Please telephone the department if you have any questions.

What if I could be pregnant?

Please inform the department if there is a possibility that you may be pregnant. If you are between the ages of 12 and 55 years, we will ask you to complete a pregnancy status form.

What does a gastric band assessment or adjustment involve?

You will be brought into the x-ray room and asked to stand on the moving x-ray table and asked to drink some chalky liquid whilst the radiographer takes x-ray images and videos. Those having a gastric band assessment the examination will end there.

Those having a gastric band adjustment, the examination requires us to put a needle into the gastric band port, with this in mind it is advisable to wear a top and trousers / skirt, so that we can gain access to the port.

The practitioner will insert a needle into your gastric band port and through this, fluid will be injected or withdrawn to adjust your band. Following this you will drink more barium to assess the band. After leaving the room you will be given 2 cups of water to drink, it is important that you finish all of this and report if there are any problems, or if the band feels too tight.

An Advanced Practitioner performs the examination, a Radiographer and a Radiology Assistant will also be present. There may also be a student in the room, observing the procedure.

How long will the examination take?

The examination will take approximately 25 minutes, however, please allow up to an hour for your visit and plenty of time for parking. Although we try our best to keep to your appointment time, there may be a delay due to emergency patients. We are unable to provide any childcare so please make alternative arrangements.

Risk and Side Effects

Barium is generally safe. Side effects are rare but may include constipation or bloating. Exposure to a small amount of radiation is involved, but the benefits of having the examination done usually outweigh any risks. There is small risk of infection from needle site, however, the procedure is performed under sterile technique.

Can I eat as normal afterwards?

You should continue your food intake as discussed with your dietician. Post adjustment we advise 3-5 days of liquids, 3-5 days of pureed/mashed food and solids onwards. You may feel that you have a sensation of fullness sooner or later than usual, depending on the adjustment that has been made. We will give you a leaflet after your examination with these details.

Post examination instructions

The Barium drink can make you a little constipated, so we recommend that you eat plenty of fibre for the next few days and increase fluids, it is also advisable to take a laxative if you usually suffer with constipation. For the next few days your stools may be white or pale due to the barium, this is normal.

Where can I find more information?

If you have any questions or need to rearrange your appointment, please do not hesitate to contact us on one of the numbers listed below:

Heartlands Hospital 0121 424 3289

Good Hope Hospital 0121 424 9879

Accessibility

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