

Discharge Instructions for Patients following Intra-gastric Balloon Placement

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Medications

- You will be discharged with the following medications after balloon insertion:
 - Pantoprazole (Somac), an anti-acid medication, 20mg orally per day, to be taken for the duration of your balloon insertion – usually 6 months.
 - Ondansetron (Zofran), a medication to control nausea is to be taken regularly 4mg orally, 3 times per day for 5 days after insertion.
 - Hyoscine (Buscopan), an antispasmodic. 10mg orally 3 times per day for 5 days after insertion.
 - Cyclizine, an anti-nausea medication. 50mg orally 3 times per day *as required*.
- Resume any medications you were on before balloon insertion. Your surgeon will let you know if there are any medications to continue to withhold. This may include blood thinners eg aspirin, warfarin, Plavix etc.
- DO NOT take any non-steroidal anti-inflammatories eg: nurofen, ibuprofen, meloxicam, celebrex. Check with your surgeon if you are not sure.

Pain/Discomfort/Nausea

- It is common to get these symptoms in the first week after balloon insertion. The above medications should help to minimise these symptoms.
- Please contact Sea Change if you feel that you have maximised your medications and are still experiencing symptoms.
- If your urine changes to bright green, please contact Sea Change.

Fluids/Nutrition

- You will be discharged on a fluid diet as detailed to you by the dietitian. If you have any questions regarding this, please contact Sea Change on 02 4037 5858.
- Pay attention to your hydration, and if you are struggling with thicker fluids concentrate on water intake.

Activity

- You can return to work once your nausea has settled. This can be as early as 2 days after insertion.
- You are free to walk immediately after insertion of the balloon – you can start more vigorous exercise 2 weeks after insertion. Avoid too much exercise on hot days and maintain hydration.

- You can drive the following day after insertion provided you don't feel drowsy.

Please contact Sea Change if you have concerns:

- **Contact Sea Change on 02 4037 5858.**

In Case of Emergency

- Please present to an Emergency Department or dial **000** if you experience any of the following:
 - Chest Pain
 - Sudden shortness of breath
 - Fast heart rate – more than 120 beats per min
 - High Temperatures over 38°C
 - Severe Nausea and vomiting
 - Increasing abdominal pain
 - Increasing use of pain medications
 - Inability to pass urine

Follow-up appointments

- Please follow-up with your surgeon and with the dietitian as already arranged.
- **Please contact Sea Change on 02 4037 5858 if you are unsure about the timing of these appointments.**