



Success
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What happens now?

A white ceramic plate is centered on a teal background. The plate has a shallow, wide rim and a slightly recessed center. The text of the table of contents is printed in the center of the plate.

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The first few days

Congratulations! The hardest part of the process is now over. You have made the important decision to have your balloon fitted and start the BIB™ weight-loss programme. With the help of the BIB™, you will have a better chance in adopting the lifestyle changes needed to lose weight.

The most important thing to remember is that you are not alone.

Over the next few days you will have direct access to your professional team of experts, who will be able to support and guide you through the discomfort you may experience in the first few days until you get used to the balloon.

The advice that they are likely to give you is that everything you experience and feel is quite normal.

Will I be able to feel the balloon in my stomach?

We find people's tolerance to the balloon varies considerably over the first few days. Some people may find the whole process easier than others whilst the stomach gets used to the presence of the balloon.

Are there side-effects or complications with the BIB™?

You may experience general abdominal discomfort/pain, bloating, nausea, vomiting, diarrhoea and

cramping until your body adjusts. These conditions are normal and should be expected. Your stomach contains lots of nerve endings that naturally react to a foreign object within it and it will take a few days to settle down. These unpleasant sensations **will** disappear. After that, the primary sensation of the BIB™ is a feeling of fullness (satiety).

Your physician may prescribe some pain relief to help make you more comfortable. You will also be prescribed some medicine to help keep your stomach acid levels down while your body adjusts.





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How long will it take to recover after the procedure?

You probably won't feel like running a marathon, but however you are feeling, you will be advised not to engage in any physical activity for 24 hours.

You should plan for at least three days of rest to recover from the procedure. You will be able to resume normal activity sooner or later than this depending on how quickly your body adjusts to the BIB™.

Why is it important to drink plenty of fluids?

Like anyone who is feeling nauseous or who is experiencing stomach cramps, you may not naturally feel like drinking at all. However, after 8-10 hours you must make sure you drink small

amounts of cold clear fluid regularly, perhaps every hour, beginning with a teaspoon and slowly increasing the amount of liquid as you are able, to avoid dehydration. If liquid is taken in large amounts there is a higher risk of nausea and vomiting. Your physician will have provided strict instructions for your hydration regimen during the first few days.

Can I eat anything solid?

It is critical that you drink plenty of water during this period and **avoid eating any solid foods**. You will be restricted to a liquid diet for the first three days, which, as well as water, might include fruit juices, milk, thin soups or broths.

You should avoid the following foods: coffee, fizzy drinks, fatty foods, chocolate, ice cream. After three days, you will be able to progress onto thicker foods such as jellies and thicker soups.

When will I be able to eat normally?

Usually people start to feel more able to eat normally after one to two weeks.

Some can eat normally from 5 days after placement, while others still prefer a liquid diet after two weeks. Your physician and dietician will be able to advise you correctly.

The first week

By the end of the first week, your body should be starting to adapt well to the BIB™.

You should find the worst of the discomfort is over, and life can start getting back to normal. Now you will be able to concentrate on your weight-loss programme, and your balloon will make this process easier, as you will not feel as hungry as you did prior to placement.

How frequently am I required to visit my doctor?

At this point you will begin regular meetings with your medical support team. Most people will only need to be seen on a monthly basis. Your physician, dietician, and other experts will play important roles in evaluating your needs in consultation to create a customised programme.

Your appointment schedule will be decided with your team, however it is critical that you attend all meetings. Your success with the BIB™ System will depend on how committed you are to learning from your support team and adopting the principles of good health into your daily life.

You will receive instructions on your initial calorie-restricted solid-food regimen and you will learn valuable principles of

health, nutrition, and exercise that will provide you with the foundation for long-term success. This initial solid-food regimen may be adjusted over time during subsequent meetings with your dietician.

When can I work up to solid foods?

After a few days on a liquid diet, you will be ready to begin the transition to solid foods. Prior to solid foods, you will graduate to semi-solids. How quickly you make this transition will depend on your progress and how well your body is tolerating the liquids. It is important to make the transition slowly and not try to rush the adjustment process. Some of the foods your dietician may prescribe at this point are porridge, thicker soups and fruit purées.





Are there any food restrictions?

You will not feel like eating as much as you used to. Instead, you will feel fuller, more quickly, and you will find your average portion size has reduced quite considerably! In addition, if you eat fatty foods or sweets, you may feel sick. Excessive overeating while the BIB™ is in place can be dangerous and can result in a serious medical condition.

Does the BIB™ limit activity?

For the first week, you should not plan any heavy activity. Once your body has adjusted to the BIB™, you can continue your normal activities. Starting a regular exercise programme is highly recommended and will improve your success.

What happens if the BIB™ leaks?

In the extremely rare event of a leak, you will notice a change in your urine colour (it will be a greenish colour due to the non-toxic blue dye we add to the saline in the balloon).

Although very uncommon, this can indicate a serious situation and you must call your doctor immediately. If the BIB™ deflates, it may pass through your body naturally, but in some cases it may need to be removed by your doctor.

The next six months

After the first two weeks your body will have adjusted to the BIB™, you will be following a regular nutrition plan and you will have resumed your normal activities. Over the next six months it will be critical to meet with your doctor to measure your weight-loss progress and your support team for education and training. This period is vitally important to prepare you for maintaining weight-loss after the BIB™ is removed.

Remember, the BIB™ is only a 'training tool', like stabilisers on a bicycle.

The BIB™ gives you a window of opportunity to adapt to the lifestyle changes you must make in order to maintain your ideal body weight.

The following guidelines will help you be more successful:

- Meet regularly with your medical team to stay motivated and committed to the programme. Experience shows that those who attend the scheduled follow-up meetings have the best short- and long-term results
- Keep a diary of what you eat and how much you exercise
- Make your new nutrition plan a long-term lifestyle change

During the time the BIB™ is implanted, be careful to observe and report any unusual changes in the way you feel. If you feel nauseous for a longer period of time than the initial few days, let your doctor know immediately.



Must I participate in the follow-up visits to be successful?

The BIB™ gastric balloon is only part of the solution to help change your lifestyle. Taking part in the programme will give you the education and support to change your lifestyle habits and have a better chance for long-term success.

Can I drink alcohol?

Although alcohol consumption **in moderation** will not affect your gastric balloon, the extra calorie intake won't help with your weight-loss programme! Always follow the advice of your doctor/dietician.

How much weight could I expect to lose?

Patients participating in the BIB™ System can expect to have significant weight-loss in the first six months. The amount of weight you lose and how long you maintain that weight-loss will depend on how well you adopt long-term lifestyle changes related to eating and exercise.

Thousands of people across the world enjoy great success using BIB™ System. Large global studies have shown that significant weight-loss averaging between 2-3 stone (15-20 kilos) is possible; however, your results will depend on how well you follow the programme and adjust your eating habits.

How will the weight-loss results compare with other diet programmes?

You can expect to lose more weight with the BIB™. Because the BIB™ gives you a feeling of fullness (satiety), you are better able to control your eating and make healthy changes in your habits.



Preparing for BIB™ removal


Just before removal of your balloon is scheduled, your medical support team will focus on any remaining issues you may have regarding your new life-style and relationship with food. It is vital that you recognise the last five months as the beginning of your new, healthier life.

How is the BIB™ removed?

After six months, the BIB™ will be removed in a 20-minute procedure similar to that of the placement. During the removal procedure, you will be mildly sedated, and the saline will be removed from the balloon before the deflated balloon is removed from your stomach.

As before, please remember the following points before the day that your BIB™ is scheduled to be removed:

- No solid food 24 hours prior to the procedure
- No liquids 12 hours prior to the procedure
- Arrange for someone to drive you back home from the treatment center and to be around to give you support for a couple of days



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How will I feel after the procedure?

Following removal of the BIB™, very few people experience any side effects, but your doctor will keep you in the clinic for a couple of hours following removal so that any sedative effects have a chance to wear off, and he can check that you are fit to go home.



Life without the BIB™



After removal of the BIB™, **you should remain under the supervision of your support team as they play a critical role in your ongoing treatment.** With their continued help, you'll be on your way to successful and sustained weight-loss.

Like stabilisers on a bike, the BIB™ helps jump-start the process, but now you will have great support and a new outlook.

The balloon may be gone but your desire to continue the life you now enjoy will motivate you to stay on the path to health and happiness, and never go back.

**Good luck with taking back
control of your weight
– and your life!**





www.loseweightgainlife.co.uk

Helping patients take control of their lives



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Caution: This device is restricted to sale by or on the order of a physician. The BIB™ intragastric balloon contains no latex or natural rubber materials.
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