

# Laparoscopic gastric band adjustment



## Information for patients

Sheffield Centre for Weight Loss Surgery



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST





Gastric bands work by restricting the amount of food you can eat at any one time. If your gastric band is adequately adjusted you should be able to eat a wide variety of foods in a tea plate sized portion, three times a day. If you do not have your band inflated you will have no restriction as regards your portion sizes. If you follow the 'dietary rules' and choose healthy options you will lose weight. Gastric band adjustments are performed by radiographers in the radiology (x-ray) department, and no preparation is required. The procedure is carried out as an outpatient, so you will not need to stay overnight.

## **What will happen when I arrive in the x-ray department?**

- You will be asked to remove your clothes from the waist upwards and to put on a gown. The radiographer will need access to the special reservoir (port), which has been placed under your skin on the left side of your abdomen, below your ribs.
- Once in the x-ray room you will be asked to lie down on your back on the x-ray table. The radiographer 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 your abdomen: this 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.
- X-rays will be taken to ensure that this 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 has a chalky texture, and will show up on the x-ray screen.

- The radiographer will instruct you when to take small sips of the fluid. During this process a contrast liquid will be injected through the needle into the special reservoir, this then inflates the silicone gastric band.
- Achieving the correct amount of fluid may take a minute or two and some fluid may be withdrawn through the needle if the radiographer thinks that it is too tight.
- Once the x-ray has shown, or you feel that there is acceptable restriction, the procedure is over and the needle will be withdrawn.

## **Diet following gastric band adjustment**

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

- Liquids only on the day of the adjustment to allow the band to settle.
- Moist, softer foods for the day afterwards so that you can get used to the restriction.
- Gradually increase your portion size and texture of foods as tolerated, portions should be no larger than a tea plate.

It is important to remember that you need to restrict your dietary intake, as advised in your dietary information leaflet. Ensure that all meals are as nutritious as possible and eat slowly; 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.

## What do I do if I think my gastric band is loose?

Your portion sizes should be no bigger than a tea plate. 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 bread, pasta, rice, salad, fruit and meat, it may be time to have the band assessed.

Before you consider an assessment, check whether:

- You are following the dietary rules
- You are having three meals a day and **not** snacking or grazing
- You are having textured foods with each meal

If you still feel that the band is too loose, you can contact your health care team on **0114 226 9083** for advice over the telephone. You may need to attend the outpatient clinic for a full assessment.

## What do I do if I think my band is too tight?

You may be experiencing:

- Vomiting
- Acid reflux (acid coming back up into your mouth, worse when you lie down) or heartburn especially at night
- Coughing when lying down
- Pain or discomfort whilst eating
- Less than expected weight loss (you may only be able to tolerate soft sloppy foods which tend to be high in calories)

Check that your portion sizes are not too large and that you are leaving enough time between each meal. Also, ensure that you are chewing well and not taking food and fluid together.

If you still think that the band is too tight, you can contact your healthcare team on **0114 226 9083**. Arrangements will be made for

you to attend the x-ray department as soon as possible where your band will be assessed and loosened / emptied as necessary.

## **How many times will my band need adjusting?**

It can take more than one gastric band adjustment to achieve an adequate level of restriction. The aim is for you to achieve a successful weight loss without any unpleasant side effects.

Routine gastric band adjustments **cannot** be made over the telephone and should **not** be necessary more than 2 years after your surgery. Only 2 routine gastric band adjustments are permitted in any 12 month period.

## **Useful contacts**

Specialist nurse and dietitian for bariatric surgery

- **0114 226 9083**

Consultant's secretary

- **0114 305 2411**





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