

Pre and Post Orbera Placement Instructions

The Purpose of this Guide

Thank you for choosing Dorner Plastic Surgery. We strive to provide you with the highest level of caring, compassionate service during your pre and post procedure process.

It is normal to feel apprehensive and nervous before your procedure. This guide is designed to provide you with the information necessary to help ease you through the process. Although it is impossible to cover every aspect of your pre procedure planning or post procedure recovery, we have attempted to make it as comprehensive as possible without being a medical text.

It is important for you to take the time to review the information presented in this booklet. As you read, questions will inevitably arise. Please write them down so that you can ask your provider. It is preferable to have your questions answered before your procedure. We take special care to be available to prepare you. Do not hesitate to ask questions. Your entire process will be smoother if your questions are dealt with before the procedure.

It is a privilege for us to take care of you. We endeavor to guide you through every aspect of your procedure and meet both your physical and emotional needs during your recovery. We promise that when you need us, Dr. Dorner and the rest of his staff will be there for you.

Pre-Insertion Guidelines

7 days prior to procedure:

Begin taking your Proton Pump Inhibitor (PPI) (acid reducer) starting 7 days prior to your insertion procedure and through the 6 months that the balloon is in place. This will likely be **Protonix (pantoprazole)** 40 mg one per day.

Avoid aspirin containing medications, including NSAIDs (Motrin, Aleve) seven days before your procedure and while the balloon is in place.

4 days prior to procedure:

Please drink liquids only- protein shakes, water, broth, sugar free gelatin, and low-calorie Gatorade. This diet modification is very important and will help ease your transition after balloon placement.

2 Days prior to procedure:

Clear liquids only.

The day before the procedure:

Liquid diet only the day before the procedure. Nothing to eat or drink after midnight.

The day of the procedure:

3 hours before the procedure, take by mouth one **80 mg EMEND** with a small sip of water. Then place **Scopolamine (1.5mg) patch** behind your right ear and wash your hands after the application of the patch.

Emend can be expensive depending upon your insurance coverage. Check out Goodrx.com for discounted pricing. If you cannot fill this prescription because of cost, please take one **Zofran 8mg** the morning of the procedure.

The **scopolamine patch** is for nausea. Remove 72 hrs after the procedure.

Wear comfortable clothes as you will be resting for the remainder of the day.

Post Procedure Guidelines

Do not sign any legal documents or make any important decisions in the next 24 hours. Do not operate a vehicle or machinery for 24-48 hours post procedure.

A responsible adult must be with you for the rest of the day and during the night for your safety.

Take it easy for the first few days. It is important to walk around every hour to facilitate blood flow and prevent blood clots. Walking also helps open up your lungs after the placement procedure.

You should expect to have nausea and possibly vomiting for the first 3-5 days post placement as the stomach gets used to having the balloon in place. Your nausea medication will help alleviate some of this. Sleeping slightly elevated and lying on your left side can also provide comfort.

It is important to follow the recommended diet to help reduce nausea and vomiting.

You will need to follow up with Dorner Plastic Surgery bi-weekly leading up to your removal. Your first follow-up visit will be scheduled at your preoperative appointment.

At these appointments, you will do weigh-ins to track your progress and go over strengths and weaknesses of your process.

Visits may be reduced or spread apart once you're comfortable with the system.

Post procedure medications

Protonix (Pantoprazole) 40mg (acid reducer): Take one pill daily starting 7 days before the procedure and through the 6 months that the balloon is in place. **Maalox** over the counter is fine to use if needed for reflux symptoms.

Zofran (ondansetron) 8mg (nausea): Take every 6 hours for the first 48 hours even if no nausea or vomiting, then as needed.

Levsin (hyoscyamine) (anti-spasmodic) for stomach spasms and cramping. For use as needed only. 0.125 - 0.25mg orally every 4 hours as needed. Alternate with dosing of Zofran (ondansetron). If you would like to wait to see if you need this medication before you fill it, you may do that.

Pain medicine: will be prescribed as needed only. We will assess this as we go along.

Post procedure diet

Immediately post procedure

A separate handout called the **Orbera® Fluids Handout** will be given to you for full instructions and fluid sample menus.

It is very important to drink plenty of fluids and avoid solid foods. During the first several days, you should intake 1-1.5 liters (8 cups) low calorie fluids minimum. Non-acidic juices, electrolyte drinks, protein drinks, smoothies, low fat yogurt drinks, broth, or soup, weak coffee or tea (preferably decaffeinated), skim milk, thinned cream of wheat made with skim milk is acceptable, as well as meal replacement shakes.

In order to allow the stomach to adjust to the intragastric balloon, it is best that patients consume fluids (water, juice, and broth) for the first day. Start by taking small sips. Wait a minute or two between sips. Slowly take more with each sip. Drink only 1/3 cup at a time.

Sit upright for 3 to 4 hours after drinking. If resting, sit in a recliner rather than lying flat.

Do not drink more than one cup of coffee or caffeinated drink per day. Caffeine can cause dehydration. It may also cause cramps or diarrhea.

Do not drink carbonated drinks as they can cause gas and bloating.

During the first 3 days:

Rest for 72 hours (3 days) after the balloon is placed. Walking and other light activities are allowed.

Continue to drink at least 8 cups of liquid per day.

Depending on how you feel, you may be ready to progress to full fluids.

If you are still feeling nauseous, you may need to go back to the clear liquid diet.

Please note:

You may have nausea and vomiting as you become more active or begin to eat more. If this happens, cut back on your activities and return to liquids. Take medication as directed by your practitioners.

You may feel dizzy if you stand up or move too quickly. Stand up slowly so that you do not fall.

It is important to transition through your first month as recommended below:

Diet Tips

As you introduce solid foods, try one at a time.

Eat slowly.

Try cooked foods first before raw/hard foods.

Limit breads, pastas, and starches as much as possible,

Avoid eating and drinking at the same time.

Drink at least one glass of water 30 minutes before each meal and 1-2 glasses 30 minutes afterward to ease intragastric emptying.

Limit use of butter, margarine, mayonnaise, oil, gravy, cream, jam, jelly, honey, and table sugar.

Avoid all sodas and alcoholic beverages.

Nausea Tips

All patients should target taking in 1.5L of fluids per day.

Option 1 (frequent small sips):

Try drinking frequent small sips of water slowly.

Wait a few minutes in between sips.

Don't drink more than ½ of a cup in one sitting.

Option 2 (normal volume at interval timing):

Drink as much as you feel like drinking (8-16 ounces)

Wait 4-5 hours before drinking again

Consider this after 2-3 days

Body position may help control nausea

Lay on your left side (lateral)

The balloon may shift and minimize the delay to gastric emptying, easing nausea

Note- patients should not lie in this position for extended periods of time. This should be done in conjunction with medications and appropriate fluid intake.



When to Call

Please call our office at (614) 336-9000 for the following conditions:

Extreme nausea

Extreme abdominal pain

Unable to urinate for 12 hours

Unable to take in fluids of at least 1.5 liters per day

Fever

Identifying Hunger

What is hunger?

Hunger is the body's natural mechanism to tell us that it needs energy. We are born with this is a vital and lifesaving feeling. People experience different degrees of hunger- some people are "hungry all the time"- while others are "never hungry." Then, of course, there are those people in between.

Types of hunger:

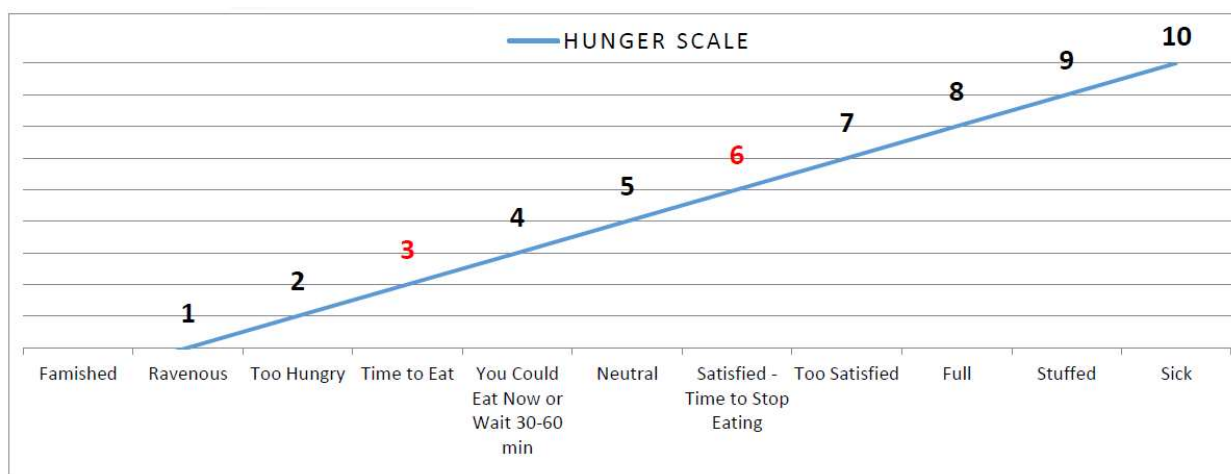
In general, most people feel physical hunger sensations every three to five hours. Signs of **physical hunger** are: inability to concentrate, weakness, dizziness, stomach growling/stomach pains, headache, and increasing hunger feeling if you do not eat. Signs of **head/mouth hunger** are: craving or desire for something

specific or the desire to numb an emotion. This feeling goes away if you become distracted by something (it may return later).

Using a hunger scale:

Learning to listen to your body's hunger cues is an essential part of living a healthy and balanced life. Using a hunger scale can help if you are unsure of your body's natural cues. The ideal way to eat for most people is to begin eating at a hunger level of 3-4 and to stop eating at a hunger scale level of 6.

Note: work with your coach to determine if using the hunger scale is the best strategy for you, as some people do better sticking to a meal plan with set times to eat.



Tracking hunger cues:

Paying attention to your hunger cues can be difficult at first. Keeping a daily journal of your hunger and fullness cues can help some people become more in tune with their bodies natural satiety signals.

First Month After Placement

Nutrition

Once your intragastric balloon is in place, it is important to understand what the expectations are during the first few weeks. Below is a typical first month after placement schedule along with how you may feel during that time.

The first 24-48 hours: clear liquids

Typically, you will only consume clear liquids during this time to allow your Orbera™ balloon to begin to rest in your stomach. Examples of clear liquids are: water, broth, teas/coffee, juices, and gelatin. During this time, it is normal to feel nauseous and not hungry. Your stomach is beginning to adjust to something new and needs to learn to recognize the intragastric balloon. Don't worry, after the first few weeks, you will really begin to see the benefits of the intragastric balloon as you will feel less hungry than normal, feel satisfied with smaller amounts of food, and the nausea will subside.

Day 2-7: full fluid diet

After the first couple of days, you can start to progress to full fluids. This will help ease your stomach into adapting to the intragastric balloon and getting back to solid foods. There is no race to advance to the next phase of the diet. Provide

your body time to adjust to your Orbera™ balloon.

Week 2: pureed foods

During this stage you will begin to advance to pureed foods. Once you are tolerating pureed foods for about a week, you may begin advancing to a soft texture diet. There are no foods or beverages that will damage your Orbera™ balloon. You do not need to fear accidentally eating or drinking something that will hurt the balloon. However, the first few weeks may take some adjustment.

Week 3: soft foods

Typically, at some point during weeks two and four, you will notice that your nausea has subsided, and you are starting to adjust to the balloon. You should find that the way you feel when you are eating and drinking becomes more predictable. During week 3, or once you are comfortable, you can start progressing to soft foods. Give yourself time to adjust to the soft foods before attempting to progress to regular texture foods. If you feel comfortable, you can always step back to the pureed or full fluid stages to allow your body time to adjust.

Week 4: solid foods

Once you are comfortably eating regular textured foods, if you haven't started already, begin drinking one glass of water about 30 minutes prior to eating and then drink two glasses of water 30 minutes after eating in order to rinse the balloon.

Sample Menus

Full Liquid Diet



BREAKFAST

- ½ cup protein shake
- ¼ cup skim milk
- ¼ cup unsweetened juice



MID-MORNING SNACK

- ½ cup unsweetened juice
- 1 sugar-free popsicle
- ½ cup skim milk



LUNCH

- ½ cup strained low-fat vegetable soup
- ¼ cup protein shake
- ¼ cup skim milk



MID-AFTERNOON SNACK

- ¼ cup protein shake or ¼ cup low calorie Jell-O®



DINNER

- ¼ cup low-fat strained soup
- ¼ cup skim milk



EVENING

- ½ cup protein shake

Semi-Liquid Diet/ Pureed Foods



BREAKFAST

- ½ cup cottage cheese
- ¼ cup pureed fruit
- ¼ cup cooked refined cereal such as cream of wheat or oatmeal



MID-MORNING SNACK

- ½ cup soup
- ½ cup low or non-fat yogurt



LUNCH

- ½ cup minced canned chicken, tuna, salmon or tofu
- ¼ cup pureed sweet potato
- ¼ cup pureed vegetables



MID-AFTERNOON SNACK

- ½ cup soup, milk, yogurt or cottage cheese



DINNER

- ½ cup minced canned chicken, tuna, salmon or tofu
- ¼ cup pureed vegetables
- ¼ cup pureed fruit



EVENING

- ½ cup skim milk or unsweetened juice

Soft Foods Diet



BREAKFAST

- ¼ cup soft fruit such as banana, citrus fruit
- ¼ cup cooked refined cereal (such as cream of wheat or oatmeal) or one egg
- ¼ cup of skim milk



MID-MORNING SNACK

- ¼ cup sugar-free pudding
- ¼ cup low-fat or non-fat yogurt
- ¼ cup banana slices



LUNCH

- ½ cup minced canned chicken, tuna, salmon or tofu with 1Tbsp fat-free mayo
- ¼ cup low-fat ricotta or cottage cheese
- ¼ cup soft fruit



MID-AFTERNOON SNACK

- ½ cup blended protein drink
- 1 ounce low-fat cheese



DINNER

- ¼ cup minced canned chicken, tuna, salmon or tofu
- ¼ cup soft vegetables
- ¼ cup soft fruit or low-fat frozen yogurt



EVENING

- ½ cup low-fat hot chocolate made with skim milk and ¼ cup soft fruit

Solid Food Diet



BREAKFAST

- 1 hard boiled egg
- 1 slice whole wheat toast



MID-MORNING SNACK

- ½ pear
- 1 piece part skim string cheese



LUNCH

- 1 serving Turkey Caesar Pocket (Recipe on Orbera Coach online)



MID-AFTERNOON SNACK

- 1 small apple
- 2 Tbsp peanut butter



DINNER

- turkey burger patty
- ½ cup green bean stir fry



EVENING

- ¾ cup nonfat yogurt

Introducing Exercise

Studies have shown that to be most successful at both weight loss and managing your weight long-term, you will need to make exercise a regular part of your daily routine and lifestyle.

In addition to weight loss and weight maintenance, regular exercise can provide the following additional benefits to health and wellness:

- Improves the health and function of your heart
- Boosts your metabolism
- Improves your psychological and emotional well-being
- Builds strength and endurance and tones your muscles
- Improves the movement in your joints and muscles
- Gives you more energy
- Aids in coping with stress and fights anxiety
- Improves ability to fall asleep more quickly
- Increases capacity for physical work such as pushing, pulling, lifting, or carrying
- Lowers blood pressure
- May decrease insulin requirements and even prevent the development of diabetes

Understanding Exercise Intensity

Rate of Perceived Exertion (RPE) Scale- the RPE scale is used to rate intensity, or the level of effort required to do an activity.

RPE is used to help people determine their intensity level while exercising. Each week and/or day of the exercise program gives an RPE target. Listen to your body and adjust your intensity up or down. Most of all, HAVE FUN!

RPE LEVEL	INTENSITY LEVEL
0	Nothing
1	Very light, just noticeable, able to talk easily
2	Light, more noticeable, than 1 RPE, still able to talk easily
3	Moderate, this is noticeable, you should still be able to talk relatively easily, but it's becoming a bit more difficult
4	
5	Heavy, talking will be difficult now
6	
7	Very heavy, by this point you won't be able to talk, breathing becomes really heavy.
8	
9	
10	Extremely heavy, strongest intensity

Getting Fit

How much exercise do I need?

People who want to lose a substantial amount of weight (more than 5 percent of body weight) and people who are trying to keep a significant amount of

weight off once it has been lost need a high amount of physical activity unless they also reduce their caloric intake. Many people need to do more than 300 minutes of moderate-intensity activity a week to meet weight-control goals.

For substantial health benefits, adults should do at least 150 minutes a week of moderate- intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous- intensity aerobic activity. Aerobic activity should be performed in episodes of at least 10 minutes, and preferably, it should be spread throughout the week.

All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits. For additional and more extensive health benefits, adults should increase their aerobic physical activity to 300 minutes a week of moderate-intensity aerobic physical activity or 150 minutes a week of vigorous intensity, or an equivalent combination of moderate- and vigorous- intensity. Additional health benefits are gained by engaging in physical activity beyond this amount.

Adults should do muscle-strengthening activities that are moderate or high intensity and involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

What type of exercise is best?

Whatever you like! What are you willing to engage in? What seems most reasonable to commit to daily and weekly? Most people start with some type of cardio (such as walking, running, biking, hiking, dancing, water exercise, elliptical machine, and aerobics). You will want to add weights and other types of exercises for variety. Some people may only be able to start with walking as their exercise, some may just prefer this over other exercises.

Cardio and aerobic training

This type of exercise causes the body's large muscles to move in a sustained, rhythmic manner and causes the heart to beat faster than when at rest. Walking, running, or biking are common examples of aerobic type exercise. Although cardio can be quantified according to the intensity, frequency, and duration of activity, according to the Physical Activity Guidelines for Americans, the total number of minutes of moderate-intensity activity is the key to achieving the most health benefits.

Resistance training

Resistance training is also known as weight training, strength training, circuit training, etc. It can include using weight machines, free weights (hand weights), resistance bands, your own body weight, and resistance balls. This kind of exercise does not necessarily have to be done in a gym; it can be done right in your own home.

Why should resistance training be done?

Resistance training increases strength, preserves lean body tissue, and even restores muscle that has been lost over years of being sedentary. Since muscle is more dense than fat, a gain in muscle will result in a lower body fat percentage as well as a decrease in girth size. Resistance training enhances the muscular and nervous system within the first few weeks (about 4 to 6 weeks); then hypertrophy (increase in muscle fibers) begins to take place. Resistance exercises also increase the HDL (good cholesterol) levels in the body along with increasing bone mineral content/density. The larger the muscle area in your body, the higher your metabolism increases and stays elevated. A higher resting metabolic rate increases the calories burned at rest

Sticking with your exercise program

Sometimes the hardest thing about exercise is staying motivated. Here are some ideas to help maintain the motivation:

- Set realistic and reasonable goals; start small and easy
- Set a schedule and establish regular workout times
- Log your activity and record achievements
- Make it enjoyable
- Exercise with others and ask for support from family, friends, and co-workers
- Hire a personal trainer
- Be mindful of RPE targets- listen to your body
- Flexible schedule to meet your needs- pick times and days that build a habit
- Add variety to your workouts and try something new!
- Encourage self-rewards to accompany goals
- Play upbeat music while working out
- Understand that you might have a down day and that this is completely normal

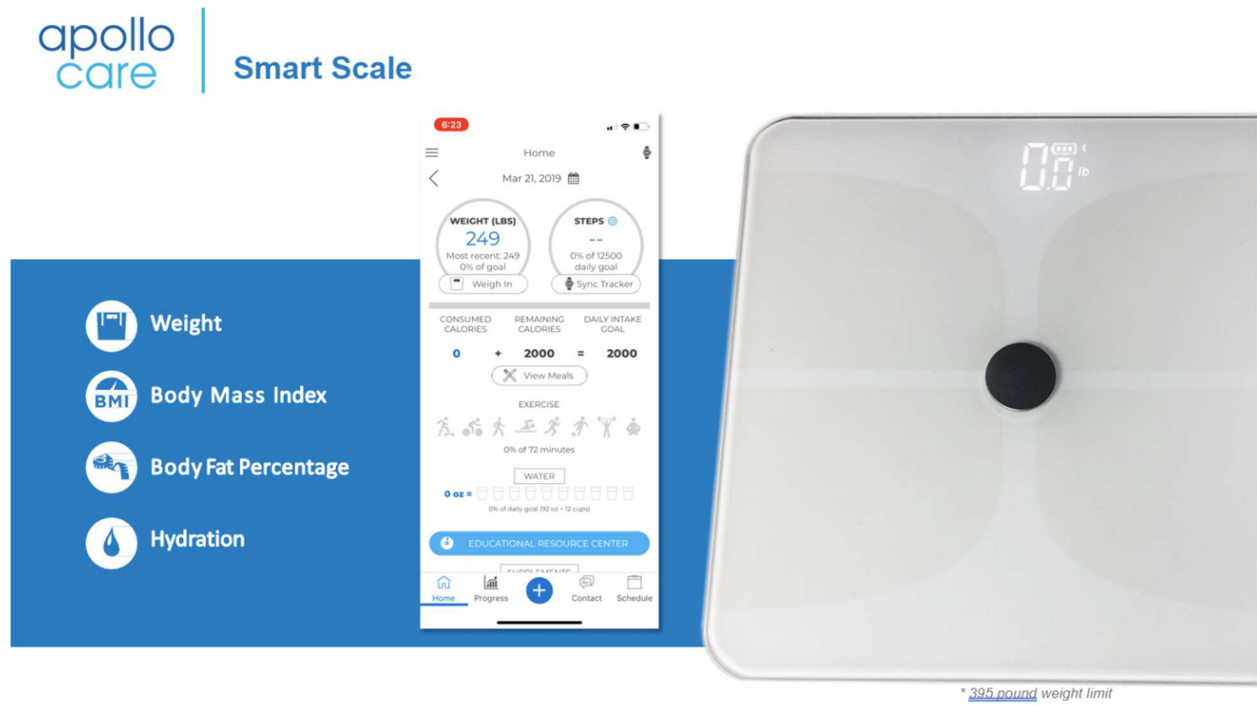
Next steps for success and support- Apollo Care

What is Apollo Care?

Apollo Care is a nutritional and activity based patient management platform designed to help you with your Orbera weight loss program.

Apollo Care Devices

Smart Scale



Instructions

- Install AAA Batteries on back of scale (batteries included).
- Download the Apollo Care app to your mobile device.
- Turn Bluetooth on in your phone settings.
- Open the app and select “weigh-in” on the home screen FIRST, then step on your scale barefoot, with your feet centered on the metal sensors.
- Remain still on your scale and on the app’s scale sync page until your scale completes its measurements.

Scale Frequently Asked Questions

What measurements does my Balance Scale Collect?

Your scale collects the following:

1. Weight

2. Body Mass Index (BMI)
3. Body Fat % and Body Fat Mass
4. Lean % and Lean Mass
5. Hydration

What is the weight limit on my Balance Scale?

The scale weight limit is 396 pounds / 180 kilograms.

Does my phone need to be connected to a data source (WIFI or cellular data)?

Yes. You need your phone to connect to wifi or your cellular data network to connect your app profile with your scale and to receive all the scale's measurements (weight, body fat %, hydration %, BMI).

Is the Balance Scale accurate?

Yes. The Balance scale uses bio-impedance technology for body composition and has been rigorously tested as part of the FDA clearance process. Like all bio-impedance devices, the Balance scale's calculations are based on an algorithm and the readings can fluctuate depending on a number of factors at the time of weigh-in, including the time of day, your water intake and your muscle mass. You should also expect to see a variance when comparing scales from any two manufacturers because they use different algorithms. We guide coaches and patients to focus most on the trend of the body composition measurements over time.

Does the Balance Scale have an athlete mode?

No. The scale is not intended for athletes.

Can I manually record my weight?

Yes! By selecting the "weigh-in" button on the homepage, you are presented with the option of a manual weigh-in.

Can multiple people use the same Balance Scale?

Yes, an unlimited number of people can use the same scale. The scale connects to your app and uses your app profile to calculate measurements, so anyone who has the app and has set their profile can use the scale.

Scale Troubleshooting

My Balance Scale does not complete my measurements / show all measurements.

1. Reset your scale by removing and then replacing the batteries.
2. Log out of the Apollo Care app and then log in again.
3. Ensure that Bluetooth is enabled on your phone.
4. Open the app and select "weigh-in" FIRST, then step on your Balance Scale.
5. Remain still on your scale and on your app's scale sync page until your scale completes its measurements. You will know this is complete when the app lists your weight and body fat %.

My Balance Scale measurements do not appear to be accurate.

1. Reset your scale by removing and then replacing the batteries.
2. Make sure you are barefoot when weighing-in.
3. Place the scale on a flat, even, hard surface.
4. Make sure the scale surface is dry and clean.

5. Stand balanced on your Balance Scale with your feet firmly placed on the metal sensors.
6. Make sure your profile settings in the app (particularly height, age and gender) are correct.
7. Do not eat or drink anything for at least 2 hours prior to weigh-in. Weigh-in at the same time each day to ensure consistent measurements.

My Balance Scale does not display weight in my preferred unit of measurement.

Press the red button on the back of your scale to switch to your preferred unit of measurement (pounds, kilograms or stone). Each time you press the red button the unit of measurement will display in the bottom right on the front screen of the scale. In the Apollo Care app, locate “settings” in the menu to view and change your measurement unit preferences.

The App

The App is there to help you along the process.

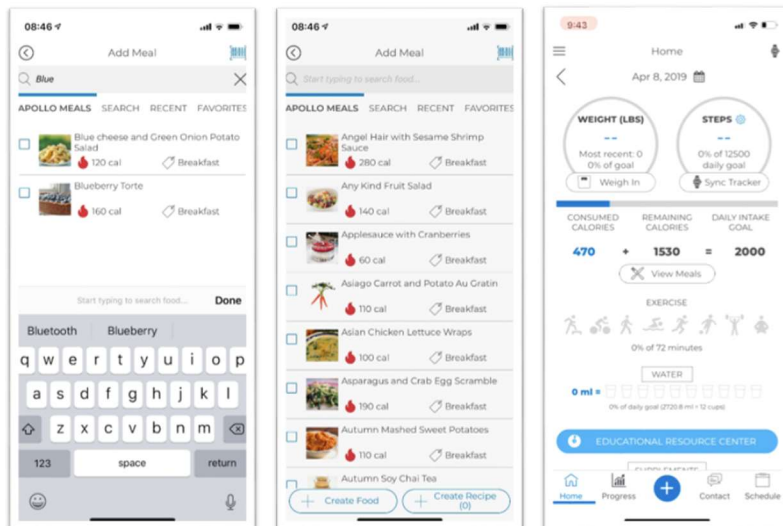
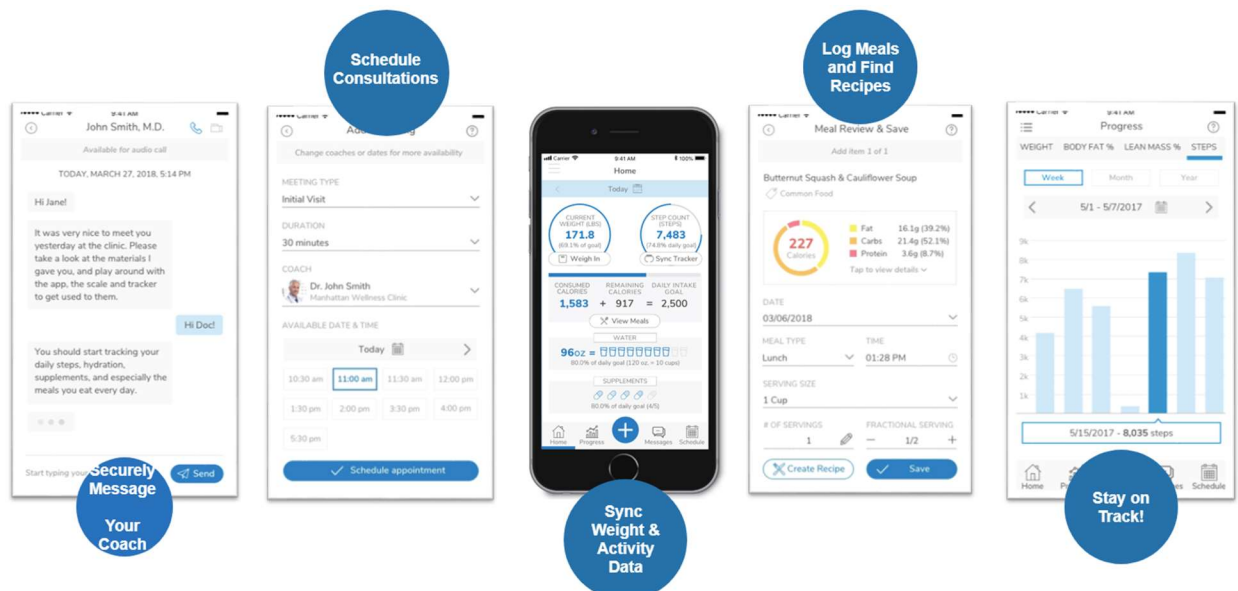
Instructions:

1. Download the Apollo Care app to your mobile device.
2. Open the app. Register for a new account using the “sign up” button, or log in to your existing account.
3. Make sure your Bluetooth is on before you sync Apollo Care-powered devices.
4. For specific feature instructions, select “support” on the home screen to access the support menu.

Benefits:

Improve Your Engagement

- Track and manage every aspect of your lifestyle change at all times.
- Improve coaching with personalized, actionable insights from real-time data.
- Effectively treat both immediate weight loss and long-term behavior change



Apollo Care Educational Resources:

- Detailed Nutritional Content
- Hundreds of Recipes
- Meal Plans
- Weekly Diet Progressions
- Fitness Tips
- Lifestyle Tips

App Frequently Asked Questions

What are the features of the Apollo Care app?

The app allows you to:

1. Sync with your Balance Scale, Strive Tracker and other devices
2. Journal your meals, hydration, supplements, pain and exercises
3. Videochat or message with your coach
4. View your progress
5. Access support and user guides
6. Access custom content

How do I get the Apollo Care app?

Download the Apollo Care app from App Store or Google Play. To access all

features, you must be a registered patient at an authorized clinic.

What devices support this app?

The app is supported by Android and iOS devices with currently supported operating systems.

Does the Apollo Care app integrate with other devices?

Apollo Care-powered platform was designed as an integrated technology platform specifically intended for use with certain weight loss protocols. The app only works with Apollo Care-powered devices.

Can my coach view data I log in the app, such as my meal logging?

Yes! Your coach can view all data that you upload or record in the app. This allows your coach to tailor guidance based on your specific weight loss journey.

Is my data safe?

Yes. The Apollo Care-powered platform is HIPAA and GDPR compliant. Your identifiable data is available only to those who need to access it to provide you the best care and service possible. Your identifiable data is never shared.

What if I don't have a smart phone?

The Apollo Care app requires a smart phone to access. The mobile app is compatible with the iOS and Android platforms with currently supported operating systems.

App Troubleshooting

I cannot remember my password.

Use the "forgot password" link to reset your password, and follow the instructions in the password reset email.

I don't see any available times to schedule a consultation.

Check with your coach to make sure they have set their available times.

I don't see my coach listed or I can't message my coach.

Check with your clinic to make sure you have been assigned a coach.

The Apollo Care app crashed.

Please delete and reinstall the app. Don't worry, all of your data is saved and will be available to you.

It is taking a long time for my progress charts or meal selections to load.

Ensure you have a strong enough data connection on your device. If you are connected to WIFI, make sure the signal strength is strong. If you are using a cellular data connection, make sure cellular data is turned on and that you have sufficient trackerwidth.

Scheduling a 1-on-1 Coach Session

The day of your balloon placement, you should receive an enrollment email to register on Orbera.com. CHECK YOUR JUNKMAIL if you don't see it. Often, the invite is lost there. Especially with Gmail accounts. If for some reason you do not receive that email, please call or email Apollo Care Support at (844) 487-8229 or email coachsupport@orbera.com.

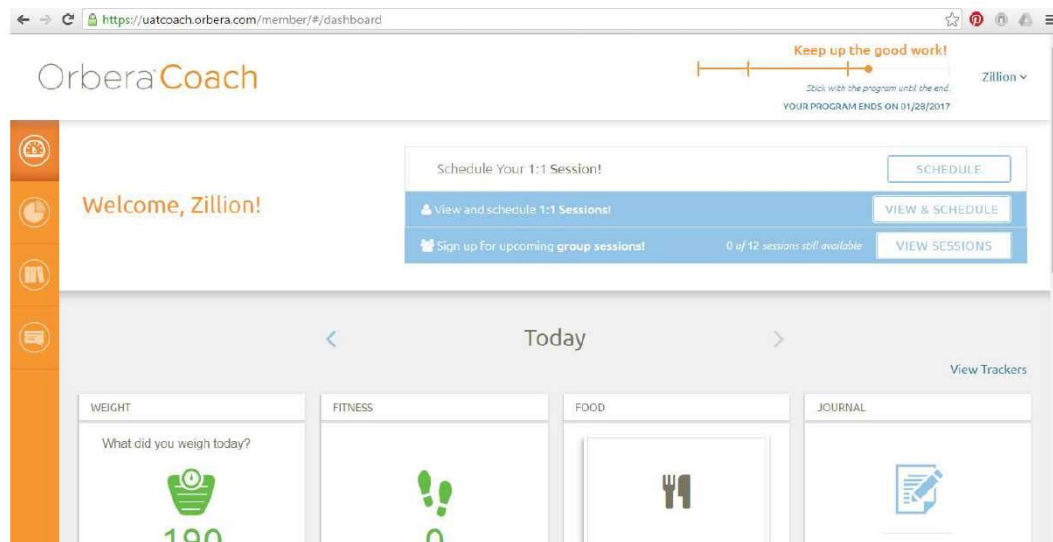
Click the link in your enrollment email to log in and register yourself at <https://coach-practice.orbera.com/>. If you need assistance in registering, please contact Orbera Support at (844) 487-8229 or coachsupport@orbera.com

Your personal coach will be assigned to you when you schedule your first 1-on-1 session. To schedule your 1-on-1 session, click on the "SCHEDULE" button towards the upper right hand of the page (refer to image below).

You can schedule your first session 7 days after balloon placement, but not until then. Choose your session time wisely- each coach tends to have the same available hours each week. We recommend choosing a time that you know will be available every week.

After your procedure, the program is broken up into 12 four- week intervals. You can schedule your times from the dashboard by clicking the “SCHEDULE” button.

If you have any questions, within the first week, before you are assigned a coach, please contact us at your convenience.



Tracking your health

Apollo Care features 4 trackers that you can use to not only keep tabs on your health during your program but inform your coach more accurately of your daily activities. Patients who stick to their coaching of two touch points a month tend to lose more weight.

Upon logging in to your account for the first time, you will be prompted for some basic tracking information. This will be used to establish baselines.

Trackers can be accessed through the ‘Tracker’ section for the platform. Once there, you can select a particular tracker using the tabs at the top.

A mobile version of the Apollo Care application is available for the iOS and Android. This allows you to bring your Coach virtually anywhere you go. The convenience of Orbera© Coach allows you to document your meals as you go and schedule sessions with a dietician at a time and place that works best for you.

Weight Tracking

Weight tracking allows you to log your weight every day and compares it to your target weight with a visual aid. Your weight can be entered for any day using ‘+Log Weight.’

Fitness Tracking

Fitness tracking tells your coach how much exercise you are getting every day. Logging this will help them give you advice on what kinds of exercise you should be doing and how often.

Diet Tracking

Diet tracking allows you to take pictures of your food every day. That way, your coach is aware of what you are eating and how healthy it is for you.

Journal

Your journal is a great place to log any activity as well as general concerns. Tracking our mental state from start to finish can help immensely with your motivation throughout your journey.

Using Apollo Care is very important! The 1:1 sessions offer great ideas and support. There are delicious recipes for you to try. Additionally, utilizing Apollo Care increases overall success rate with the Orbera balloon. Please log on and sign up as soon as you receive the invite so you don't forget!

Facebook Support Group

Once your Orbera balloon is in place, you will have the opportunity to join our Orbera Support Group. To do this, you must first "like" Dorner Plastic Surgery on Facebook. Then, from the Dorner Plastic Surgery homepage, choose from the left hand column, 'groups'. From there, send a request to join the Orbera Group. Your request will be approved within 24 hours. This is a private group for Dorner Plastic Surgery's Orbera patients only.

What Can I Do to Further My Weight Loss?

What behavior and diet changes have you made?

Please mark the box next to the behavior and diet changes that you have made since having your IntraGastric Balloon placed.

- ☐ I know the intragastric balloon is an excellent *tool* to help me feel satisfied with just a small portion of food. I shouldn't be eating until I feel full, but rather no longer hungry.
- ☐ I am limiting the portion size of my meals and snacks to:
1/2cup, 3/4cup, 1cup, 1 1/2cups, other (please circle).
- ☐ I am using smaller plates and bowls to help decrease my portion sizes.
- ☐ I am consuming 100+ grams of protein per day.
- ☐ I am including a lean protein source at each meal and snack.
- ☐ I am creating healthy meal plans and making good choices for all meals.
- ☐ I am limiting my intake of foods high in fat and simple (refined) carbohydrates and am choosing lean proteins and produce (vegetables & fruit). If I eat grains/starches, I only choose whole grain, whole wheat, or high fiber products.
- ☐ I am avoiding/limiting "doughy" or "sticky" carbohydrate foods such as breads (and bread-like product such as bagels, biscuits, pizza crust, etc.), pastas, potatoes and white rice.
- ☐ I am avoiding/limiting processed grains/snacks such as chips, crackers, pretzels, granola bars, cereals, etc.
- ☐ I am avoiding/limiting sweets, treats and desserts.
- ☐ I am eating slowly and stopping with satiety. I am allowing at least 20 minutes (but no more than 40) for meals/snacks. I take small bites and chew each bite thoroughly.
- ☐ I am waiting at least 30-40 minutes to assess if I am no longer hungry after eating. The hunger scale and more information is in your initial education materials.
- ☐ I am avoiding consuming calories for a minimum of 2+ hours prior to going to bed.
- ☐ I am drinking at least eight, 8 oz cups (64 ounces) of water or calorie free, caffeine free, non- carbonated, beverages daily.
- ☐ I am drinking a full glass of water before and after I eat.
- ☐ I am not drinking beverages high in calories such as smoothies, specialty coffee drinks or coffee with sweetened creamer, soda, juice, or alcohol.
- ☐ I am only drinking beverages that are calorie free. You may opt to use sugar substitutes.
- ☐ I am exercising at moderate intensity for 300 minutes every week (approximately 45 mins/day). (An example of exercising at moderate intensity is where you are breathing heavy and cannot speak in complete sentences.)
- ☐ I am including strength training (with free weights/weight machines or at least exercise bands or using my own body weight) 3 times a week to help

build muscle and support my metabolism.

- ☐ I am making significant changes in my diet and lifestyle that are required to maintain health and achieve maximum success.
- ☐ The changes I have made (that I didn't see listed above) are:

Pre-Removal Medication Guidelines

Three days prior to removal, you must be on a liquid only diet. The day of removal, you must not eat or drink 12 hours prior to your scheduled arrival time.

Continue to take **Protonix** as prescribed.

One day prior to removal, please take **Erythromycin 100 mg liquid** two times that day.

Post Removal Medication Guidelines

For seven days after removal, take **Protonix (Pantoprazole) 20mg** (acid reducer) and **Levsin (Hyoscyamine) 0.125mg** (stomach spasms).

Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems, please call the office at 614-336-9000 and press "1" to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

Notes: