

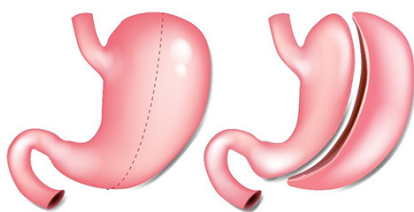
# Weight loss surgery fact sheet



## Weight loss surgery procedures

Also known as bariatric surgery, weight loss surgery uses advanced procedures and surgical treatment to assist patients with weight loss and treat other weight related health problems such as diabetes.

There are many types of surgery, and the most common are highlighted in this fact sheet. Our bariatric surgeons will work with you to help you achieve sustainable weight loss and improve your medical conditions, ultimately with the aim to improve your quality of life.



### Gastric sleeve surgery

Gastric sleeve surgery, also known as a sleeve gastrectomy, is a surgery to permanently remove the majority of your stomach (around 85%). After the surgery, patients will feel full after eating a small amount of food since their stomach is smaller.

Patients may also feel less hungry because the part of the stomach removed is the main area where Ghrelin (the hunger hormone) is produced. Ghrelin levels post-surgery drop significantly which decreases feelings of hunger.

Hospital stay is usually around two days.

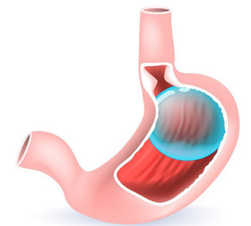
### Gastric balloon

The gastric balloon is a non-surgical interventional option. An inflatable silicon balloon is placed inside the stomach via a gastroscope that enters through the mouth.

Once inserted into the stomach, the empty balloon is filled with saline solution and can be kept in place for up to six months.

The balloon helps weight loss by limiting how much can be eaten because it helps patients feel fuller, faster.

Hospital stay is usually one day.



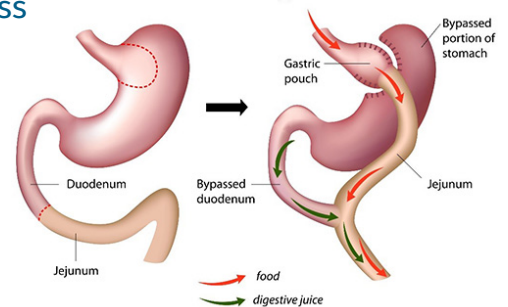
### Roux-en-Y Gastric Bypass

Gastric bypass surgery decreases the size of the stomach and changes how the stomach and small intestine absorb food.

During the procedure, the stomach is divided with staples to create a small pouch in the top part of the stomach. This pouch is attached to the lower part of the small intestine so food bypasses most of the stomach and the first part of the small intestine.

The larger part of the stomach remains in the body and will continue to produce digestive juices to help with digestion. However, this detached portion of the stomach will no longer come in contact with food. This results in less food being absorbed into the body and a feeling of satiety (feeling full) after eating only a small amount. This procedure is very good for problematic reflux and has improved outcomes for diabetics.

Hospital stay is usually around two days.



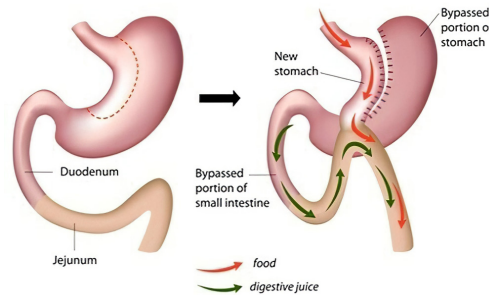
## Single Anastomosis Gastric Bypass (SAGB)

Also known as Omega loop gastric bypass or mini-bypass.

The surgery is similar to the Roux-en-Y Gastric Bypass in that it divides the stomach with staples to create a small pouch in the top part of the stomach. However, in this surgery there is only one anastomosis (the new connection made between two parts of the body) instead of the two that are made in the Roux-en-Y procedure.

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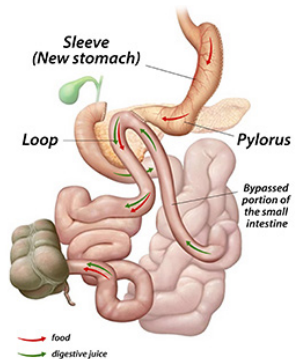


## Loop-Duodenal Switch

Also known as SIPS (Stomach Intestinal Pylorus Sparing Surgery), Single Anastomosis Duodeno-Ileal Switch (SADIS) or biliopancreatic diversion with duodenal switch.

This treatment is more complex than the others as it involves two separate surgeries. First a sleeve gastrectomy is formed, where the majority of the stomach is removed.

Next, just after the sleeve, the first part of the small intestine immediately after the stomach (called the duodenum) is divided and a loop of intestine is brought up to the upper part of the duodenum where the gastric sleeve enters. This bypasses about half of the small intestine, which reduces the amount of calories absorbed.



## Revision Bariatric Surgery

Weight loss surgery is unsuccessful in a small proportion of patients, for varied and complex reasons; perhaps you've had medical complications such as intolerable reflux or you haven't had the results you were hoping for. Our surgeons can work with you to rectify any issues you may have.

### Are you suitable for weight loss surgery?

Talk to your GP if you haven't already. They'll discuss weight loss surgery with you and help you understand the risks and potential benefits of weight loss surgery.

If you want to take the next step let your GP know you're interested in having weight loss surgery at our hospital. They can refer you to one of our expert surgeons for a consultation.

Please remember, only a bariatric surgeon can advise whether weight loss surgery is right for you. And only you can be comfortable going ahead once you have all the information.

Weight loss surgery is a major life-changing procedure. It involves a commitment to making life-long changes to your diet, exercise and lifestyle to help you maintain a healthy weight after surgery. It's vital that you seek specialist medical advice that's right for your circumstances.