



**endura**  
Weight Loss Solutions

# ENDOSCOPIC SLEEVE GASTROPLASTY

A little help goes a long way

ESG is one of the procedures that is part of Endura Weight Loss Solutions from Boston Scientific.

# ONE PROCEDURE. EFFECTIVE RESULTS.

With lifestyle changes, ESG supports gradual and sustainable weight loss by working with you and your body.



## A FRESH START WITH ESG

ESG reduces stomach size through the mouth, getting you back to regular activities and losing weight in just a few days.<sup>1</sup>

In a study, patients returned to routine daily activities in 2 – 3 days.<sup>1</sup>

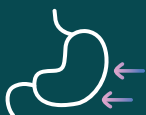


## HOW IT WORKS

A specially trained doctor uses the OverStitch™ System to reshape your stomach into a smaller size, so you eat less and feel full faster. This small suturing device attaches to a camera passed through your mouth into your stomach while you are asleep.

# NO INCISIONS. NO SCARS. QUICK RECOVERY.

ESG is an advanced endoscopic procedure that requires no incisions. That means no scars. This solution is ideal for those who have not achieved the expected results from drug therapies, dietary advice or exercise changes, and are hesitant to pursue more invasive weight loss options.



## 70 – 80% STOMACH REDUCTION

ESG helps you feel fuller, faster, resulting in weight loss when combined with diet and lifestyle modifications.



## MINIMAL TIME AWAY

Most patients typically go home the same day as the procedure and can return to routine daily activity in 2 – 3 days.<sup>1</sup>



## SEE THE DIFFERENCE

In a study, patients lost an average of 13.6% of total body weight at year 1.<sup>1</sup>

# A STUDY SHOWED PROVEN WEIGHT LOSS THAT LASTS

**49%**

Excess body weight  
loss 12 months after  
the procedure.<sup>1</sup>

**13.6%**

Average total body  
weight loss at year 1.<sup>1</sup>

**A TRUSTED PROCEDURE  
WITH THOUSANDS OF  
SUCCESS STORIES**

# WHAT TO EXPECT

Your newly smaller stomach will have less space for food. When eating, you should feel fuller quicker, and you'll work to develop lifestyle changes. This is your new start to a healthier life.

## BEFORE THE PROCEDURE

On the day of ESG, following some routine checks, you will be given medication to help you sleep and feel comfortable during the procedure.

## COMING HOME

Most people typically go home the same day and return to routine daily activities in 2 – 3 days<sup>1</sup>. Your doctor may prescribe you medications to take after the procedure to manage any discomfort or gastrointestinal symptoms.

## THE FIRST FOUR WEEKS

To help your stomach heal, you will be on a liquid diet for the first week or two, followed by pureed and soft foods for the next two weeks. Typically by week four, you will be able to resume eating solid foods. It is important to follow your doctor guidance in terms of diet and medications.

## AFTER THE FIRST MONTH

With less room in your stomach, you should feel full faster. When combined with changes to your diet and exercise, this can help you lose weight.

# FAQs

## WHAT DEVICE DOES THE DOCTOR USE TO DO THE PROCEDURE?

OverStitch™ System has been CE marked to perform the ESG procedure for weight loss. It is a small endoscopic suturing device, about the size of your finger, that attaches to the end of an endoscope. It is used by a specially trained gastroenterologist or surgeon to sew your stomach into a smaller shape.

## IS THE PROCEDURE PERMANENT?

The sutures are made of a durable, permanent material. Over time, stomach healing helps maintain the reduced size. Should the sutures become loose or the stomach need to be further reduced, your doctor can perform a retightening procedure.

## WHAT ARE THE MOST COMMON SIDE EFFECTS?

The most common side effects are gastrointestinal symptoms such as nausea, abdominal pain, vomiting, constipation, burping, or diarrhea. Most of these symptoms resolved within 1 week.<sup>1</sup>

**TALK TO YOUR DOCTOR ABOUT WHETHER YOU MAY BE A GOOD CANDIDATE FOR THIS ENDOSCOPIC PROCEDURE.**

## ESG procedure Safety Information for Patients

- OverStitch™ System devices are made to help you lose weight by reducing the size of your stomach and increasing the time it takes for food to pass through your stomach.
- For ESG procedure you need to follow a healthy diet and exercise program to lose weight. You may not lose weight if you do not adopt healthy habits. Your doctor's clinical team, including dietitians, nutritionists and/or exercise trainers, should help you on your weight loss journey.
- Your doctor will ask you about your medical history and will also perform a physical examination to determine your eligibility for the ESG procedure. Additionally, at the time of your procedure, the doctor may identify internal factors, such as stomach ulcers or erosive gastritis, which may prevent you from receiving the procedure.
- ESG procedure is not indicated if you are pregnant.
- ESG procedure is not indicated if you have an eating disorder (anorexia nervosa, binge eating disorder, etc.)
- Nausea and vomiting, abdominal pain, constipation, eructation, heartburn, and diarrhea are common after the ESG. Gastrointestinal bleeding may also be experienced following these procedures. More serious complications have been reported, though these are relatively rare. These symptoms typically resolve within 30 to 60 days.
- While many patients are discharged from the hospital on the day of their procedure, some patients may stay in the hospital or return to the hospital for assistance with symptoms associated with accommodating to the sleeve. Symptoms are most often treated with IV fluids or medication, but medical intervention may be required.
- Call your doctor if you have any concerns about your health or well-being following an ESG.
- Some patients may not lose weight following an ESG procedure. Others may lose weight and then report that they no longer feel full after a meal, like they did when they first had their procedure. In such cases, the sleeve may have been compromised. Talk to your doctor about your options. You may be a candidate to have the sleeve restored, reduced, or to have another type of weight loss procedure.

1. Endoscopic sleeve gastroplasty for treatment of class 1 and 2 obesity (MERIT): a prospective, multicentre, randomised trial. Barham K Abu Dayyeh et al. Lancet. 2022 Aug 6;400(10350):441-451.

There are risks associated with all medical procedures. Please talk with your doctor about the risks and benefits associated with Endoscopic Sleeve Gastroplasty procedure.

This material is for informational Purposes only and not meant for medical diagnosis. This information does not constitute medical or legal advice, and Boston Scientific makes no representation regarding the medical benefits included in this information. Boston Scientific strongly recommends that you consult with your physician on all matters pertaining to your health.

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