



**Over 25,000\* ESG procedures have been performed worldwide and over 10,000\*\* patients included in clinical studies.**

## Endura Weight Loss Solutions

ESG is one of the procedures that is part of Endura Weight Loss Solutions from Boston Scientific. ESG is an attractive option for individuals ineligible for surgery, those seeking a middle-ground solution, or those looking for a procedure that doesn't require lifelong weight loss medication use.

## About the ESG procedure

ESG is performed with a flexible scope that enters through the mouth to place sutures in the stomach, reducing its volume. Individual results of the ESG procedure will vary. There are risks associated with all medical procedures. Please talk with your doctor about the risks and benefits associated with the ESG procedure.



**A trusted procedure with thousands of success stories**  
Scan QR code or visit [Endura.com](https://Endura.com) to hear from patients\*\*\*

\* Estimate based on sales data.

\*\* Calculations performed by Boston Scientific. Data on file.

\*\*\* These patient testimonials are sponsored by Boston Scientific. Results from case studies and testimonials are not necessarily predictive of results in other cases. Results in other cases may vary. In a randomized study, patients with class 1 or class 2 obesity (BMI 30 to 40 kg/m<sup>2</sup>) who underwent ESG in conjunction with prescribed diet and exercise counseling achieved an average of 13.6% total body weight loss at year one, compared to 0.8% with lifestyle modification alone. In that study, 64.7% of patients who underwent ESG in conjunction with lifestyle changes lost at least 10% total body weight loss compared to 4.5% of patients with lifestyle modification alone. Approximately 21.2% of patients lost more than 20% of their body weight. Optimal results were achieved when patients committed to long-term lifestyle changes around diet and exercise. All procedures have risk, including endoscopic sleeve gastropasty. Patients should consult with their doctor to discuss risks and benefits of any medical procedure.

### References

1. Abu Dayyeh BK, Bazerbachi F, Vargas EJ, et al. Endoscopic sleeve gastropasty for treatment of class 1 and 2 obesity (MERIT): a prospective, multicentre, randomised trial. *Lancet*. 2022;400:441-451. 209 patients were randomized to treatment with ESG combined with lifestyle modifications alone. Patients who underwent ESG experienced 13% more total body weight loss than those who pursued lifestyle modifications alone. 60 patients receiving ESG were followed to 104 weeks, and 41 (68%) maintained >25% excess body weight loss, which was the target weight loss goal in the study.
2. Alqahtani AR, Elahmedi M, Aldarwish A, Abdurabu HY, Alqahtani S. Endoscopic gastropasty versus laparoscopic sleeve gastrectomy: a noninferiority propensity score-matched comparative study. *Gastrointest Endosc*. 2022;96:44-50.
3. Kozan P, Phan J, Thaker A, Sedarat A, Issa D. Return to activities of daily living following outpatient endoscopic bariatric therapy. *Am J Gastroenterol*. 2021;116:S1405.

If you have additional questions, talk with your doctor. For full safety information, visit [IFU-BSCI.com](https://IFU-BSCI.com).

The content of this brochure is for information purposes only and is 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 physicians on all matters pertaining to your health or to address any questions.

CAUTION: U.S. Federal law restricts these devices to sale by or on the order of a physician. Indications, contraindications, warnings, and instructions for use can be found at [www.IFU-BSCI.com](https://www.IFU-BSCI.com)

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**endura**  
Weight Loss Solutions

**One procedure.  
Effective results.**

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

Endoscopic Sleeve Gastropasty (ESG)





A little help goes a long way. Endoscopic Sleeve Gastroplasty reduces stomach size using sutures placed through the mouth during a simple outpatient procedure – helping patients eat less, feel fuller faster, and achieve significant, lasting weight loss.\*

\* For the OverStitch™ Endoscopic Suturing System 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.

## Minimally invasive weight loss procedure with nominal downtime

ESG is performed with a flexible scope that enters through the mouth to place sutures in the stomach, reducing its volume.

### No incisions. No scars. Quick recovery.

In a study, patients who had an ESG procedure typically went home the same day<sup>1,2</sup> and returned to routine daily activities in two to three days.<sup>3</sup>

### Sustainable results for a healthy life

ESG is intended for gradual, lasting weight loss when combined with lifestyle changes.

## Feel fuller faster to support lasting weight loss

By reducing stomach capacity by 70–80%, ESG helps patients to eat smaller portions while still feeling satisfied, helping you lose weight and keep it off.<sup>1</sup>

### Proven weight loss that lasts

In a randomized clinical study, ESG patients who adhered to a lifestyle change regimen lost an average of 13.6% of total body weight at year one.

And the success didn't stop. In that same study, 68% maintained 25% excess body weight loss or more 24 months after the procedure.<sup>1</sup>

### A potential solution for patients with a higher BMI

ESG may be an effective option for adults with a BMI of 30–50 who want a minimally invasive, lasting weight loss solution.

## OverStitch™ Endoscopic Suturing System & OverStitch NXT™ Endoscopic Suturing System ("OverStitch") for bariatric surgery: IMPORTANT SAFETY INFORMATION

Talk with your doctor to fully understand all the risks and benefits associated with using this device. Ask your doctor whether this device is right for you.

### INDICATIONS FOR USE:

OverStitch is for adult patients with obesity with BMI between 30-50 kg/m<sup>2</sup>. OverStitch can reduce the size of the stomach by stitching the inside. It can also fix the stomach outlet from previous bypass surgery.

When OverStitch is used to help with weight loss, you need to follow a healthy diet and exercise program. You may not lose weight if you do not adopt healthy habits.

### CONTRAINDICATIONS:

Your doctor will ask you about your medical history and perform a physical exam to decide if OverStitch is right for you. At the time of your procedure, the doctor may detect internal issues that prevent you from receiving OverStitch. For example, stomach ulcers or inflammation in the stomach may impact device placement.

You should not receive OverStitch if you: have a large hiatal hernia; have a history of bleeding in your stomach or food pipe; have a history of eating disorders; are pregnant; have bleeding disorders or are on blood thinners.

### WARNINGS:

Talk to your doctor if you develop major, continued upper abdominal or back pain with difficulty breathing at any time after getting OverStitch.

OverStitch contains nickel. Nickel may cause an allergic reaction in people with nickel sensitivity.

### POTENTIAL RISKS:

Breathing any foreign object or substance such as food, saliva, or stomach contents into your lungs; Intestine blockage; Switching to a different type of surgery; Nausea, vomiting, dehydration; Bleeding; Infection; Swelling, redness, and pain in tissues caused by injury or damage; Damage to or a hole through the tissue around the stomach, food pipe or surrounding organs; Unintended transfer of fluid or gas from one area of the body to another; Pain; Feeling pins and needles; Buildup of fluid around the stomach; Air leaking from the lungs; Difficulty breathing; Narrowing or tightening in the stomach; Wound opening; Death.

### MRI SAFETY INFORMATION:

OverStitch can be MRI scanned under certain conditions. Scanning under other conditions may result in injury or device malfunction. Inform your doctor or MRI technician of the device before undergoing an MRI scan. This allows them to take any needed precautions.