

# Endoscopic Sleeve Gastroplasty

Endoscopic Sleeve Gastroplasty (ESG) is a new nonsurgical bariatric procedure that achieves a similar effect as gastric sleeve surgery. ESG requires no incisions or cutting into the stomach the procedure is even less invasive than laparoscopic gastric sleeve surgery. The patient experiences little or no pain during the procedure. Because it is an outpatient procedure, ESG is associated with an even quicker recovery time than minimally invasive weight loss surgical procedures. Although the procedure is relatively new, ESG is considered safe and effective in treating conditions related to moderate obesity.

## How is endoscopic sleeve gastroplasty done?

In ESG, the stomach is accessed using a flexible endoscope, a thin tube with a small camera allowing the surgeon to see the inside of your gastrointestinal tract. An endoscopic stitching system allows the surgeon to place stitches in the stomach. At the end of the procedure, the stomach will be tube shaped and about the size of a banana, similar to the stomach left after laparoscopic gastric sleeve surgery.

The procedure is done as an outpatient and takes around one to three hours. Although ESG does not use surgical incisions, patients undergo general anesthesia during the procedure. Most patients return home the same day. Patients can return to work and resume daily activity one to three days after the procedure. After four weeks, patients can expect a full recovery.

Like gastric sleeve surgery, ESG restricts food intake without altering your normal digestion process. ESG may provide the added benefit of reducing the hunger hormone ghrelin. The procedure is not reversible but can be repeated if needed. For some patients, ESG can be used as a bridge to a more invasive bariatric surgery, such as gastric bypass.

### Advantages

- ✓ No incisions and no scarring
- ✓ Natural digestion procession is not altered
- ✓ May reduce hunger
- ✓ Lower overall cost than gastric sleeve surgery
- ✓ No overnight hospital stay

### The Health Benefits After

- ✓ Feeling full with smaller meal portions
- ✓ Improvement of obesity related health conditions, such as type 2 diabetes and heart disease
- ✓ Relief from joint pain
- ✓ Improved mood and energy level

*Not all insurance payers provide coverage of this procedure. Please contact 713-798-6673 to verify if you have coverage for this procedure.*