

Having a gastric band adjustment

Information for patients



What is a gastric band adjustment?

You have a gastric band around your stomach and your doctor has asked us to alter the amount of restriction it currently provides.

What does it involve?

You will be asked to stand next to the x-ray camera and drink some x-ray dye while we take x-rays.

We will then lay the x-ray table flat so that you are lying on your back. We will clean the skin that covers the port of your gastric band and will gently insert a very small needle into the port. We will then add or remove fluid in your gastric band via this port.

Next we will stand the x-ray table up again and you will drink some more x-ray dye so we can check the level of restriction is suitable.

Who performs the examination?

It is performed by a team of healthcare professionals which may include a radiographer, an advanced practitioner, an assistant and a radiologist.

How do I prepare for the examination?

HAVE NOTHING TO EAT OR DRINK for **SIX HOURS** before the examination.

Important note for patients with diabetes:

If you have an early morning appointment bring your morning medication and a snack with you.

If you have an afternoon appointment eat breakfast and take your morning medication at least six hours before your appointment and bring a snack and any afternoon medications with you.

Please telephone the department if you have any questions.

In the Radiology Department

You will be given a gown to change into. Please do not bring large sums of money or items of value with you.

How long will I be in the department?

Allow up to an hour for your visit. Although we try to keep to your appointment time, there may be a delay due to emergency patients.

We are unable to provide any childcare so please make alternative arrangements.

Are there any risks?

Radiation

This examination involves x-rays. Patients who are, or might be pregnant **must** inform a member of staff.

The amount of radiation used is more than an ordinary x-ray of the chest or body. It is equal to the natural radiation we receive from the atmosphere over a period of approximately two years.

The risk from this radiation dose is very low.

Allergic reaction

Some patients may be allergic to the x-ray dye or medicines. This is very rare. If you have any allergies, please tell a member of staff.

Aspiration

Sometimes when we swallow some of what we swallow goes into our lungs. If a lot of the x-ray dye does go into your lungs we will make sure you cough most of it up before you leave. The risk of becoming unwell because of this is very small.

Despite these small risks your doctor believes it is beneficial for you to have this examination.

Do you ever fail to complete the examination?

This examination is usually successful. If, for any reason, we are unable to perform the examination we will inform your doctor who will discuss the alternatives with you.

Following the examination

You will be able to eat, drink and continue normal activities.

Are there any side effects?

The x-ray dye can have a constipating effect so you should drink plenty of fluids over the following few days to keep hydrated.

How will I get my results?

You will not be given your results on the day. They will be sent to your hospital consultant and they will contact you.

What did you think of your care? Visit bit.ly/nhsleedsfft
Your views matter

© The Leeds Teaching Hospitals NHS Trust • 3rd edition (Ver 1)
Developed by: Gill Roe, Leeds Radiology Services
Produced by: Medical Illustration Services • MID code: 20231116_002/BP

LN000020
Publication date
01/2024
Review date
01/2027