

Frequently asked questions

Endoscopic Sleeve Gastroplasty

What is Endoscopic Sleeve Gastroplasty (ESG)?

ESG is an endoscopic, incisionless weight loss procedure performed by a doctor, who sutures the stomach with a specialized device to make your stomach smaller.

How is the ESG procedure performed?

While you are asleep, a specially trained doctor passes a suturing device and camera through your mouth. After they reach the inside of your stomach, the doctor sews it into a smaller shape.

How does it help people lose weight?

The procedure makes the stomach 70–80% smaller. You eat less food so your system absorbs fewer calories. Food stays in the stomach longer, and you feel full longer.¹

How is ESG different than a laparoscopic gastric sleeve, gastric bypass, or other bariatric surgery?

ESG is similar to a traditional gastric sleeve surgery because it reduces the stomach size to restrict the amount of food a patient can eat. However, unlike traditional bariatric surgery, ESG is performed without any incisions and no part of the stomach is removed.²

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. These symptoms typically resolve within 30–60 days.¹ All procedures have risk. Patients should talk with their doctor and understand all risks before having any procedure.

Who is a good candidate for this procedure?

ESG is for adults with obesity (defined as having a Body Mass Index (BMI) between 30 and 50 kg/m²) who have not been able to lose weight or maintain weight loss through diet and exercise alone.

Who cannot have ESG?

Patients who are unable to have an upper endoscopy, are pregnant, are using certain types of blood-thinning medications or have malignant tissue, large hiatal hernia, potentially bleeding gastric lesions, or eating disorders are not eligible for the procedure. Talk to your doctor about whether you are a candidate for ESG.

When do most people return to routine daily activities after ESG?

In a study, patients typically returned to routine daily activities in 2–3 days.³

One procedure.
Effective results.



How much weight can I lose with ESG?

According to a large, randomized clinical study,¹ patients lost an average of 13.6% of their body weight 12 months after undergoing ESG. Results will vary by person. Patients 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.

Are the sutures permanent or dissolvable?

The sutures are made of a durable, permanent material that does not dissolve. However, the sutures can break. In the event the sutures break, you may not feel as full after eating as you did immediately after the procedure. If this happens, another procedure can be done to replace the broken sutures and restore the sleeve.

Is the procedure permanent?

Over time, scarring and bridging tissue forms to maintain the smaller stomach size and sleeve-like shape. As with weight loss surgeries, the sleeve can stretch over time. In the event the sleeve stretches, you may not feel as full after eating as you did after the procedure. If this happens, a retightening procedure can be performed to place new sutures and restore the sleeve.

Is the sleeve reversible?

In the event that you cannot tolerate the sleeve, your doctor may consider reversal. Reversal soon after the procedure can typically be done by cutting and removing the sutures in your stomach. If more time has passed and scarring has formed, the sleeve could be reversed by a procedure to cut the bridging tissue and remove the sutures, if recommended by your doctor. Like with any procedure, reversal of ESG is associated with risks and should be discussed with your doctor before proceeding.

How much does it cost?

Health care providers work with patients one-on-one to determine payer coverage and financing options.

Will I have to take nutritional supplements or vitamins?

No, you are typically not required to take nutritional supplements or vitamins following ESG. Follow your doctor's instructions on any specialized diet plans during recovery. However, patients 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.

ESG is performed using the OverStitch™ Endoscopic Suturing System or the OverStitch NXT™ System.

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/m². 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.

Individual weight loss may vary.

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 or to treatment 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.

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-BSI.com.

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