

# Consultation Guide

If you take  
the first steps  
with Spatz,  
**Spatz takes  
the next steps  
with you!**



**Welcome to the Spatz3 Adjustable Gastric Balloon,** a non-surgical weight loss solution. Unlike other gastric balloons, it's adjustable to your patients' requirements.

Your clinical healthcare team fine-tunes its volume for optimal results. This personalized approach empowers lasting lifestyle changes to improve health and wellness.



**Highest  
Success Rates**



**The Only  
Adjustable Balloon**



**Weight  
Maintenance**

# How does Spatz3 work?

**Spatz3** occupies one-third of the stomach's volume, slowing food emptying and causing accumulation. This, with the balloon, triggers signals like burps and bloating, indicating the abundance of food.

Patients, guided by a dietitian, adjust food intake, fostering healthier habits and weight loss. Ignoring signals may lead to symptoms like nausea, vomiting, and pain.

## Behavior modification

with a gastric balloon - food accumulates



Burps and bloating are **signals** from your stomach to **change your diet**



**Change your diet** for 3 days. Stomach empties, signals decrease.



**No change in diet** Food accumulates, symptoms progress!



## Spatz Balloon in Stomach

vs.

## Empty Stomach



Immediately after eating



2 hours after eating



4 days later Stomach before meal



Spatz-filled stomachs feel fuller!

# Do you qualify for the Spatz3?



- 1 **Have you had previous weight loss surgeries?**
- 2 **Have you had any surgery on your esophagus or stomach at any time in your life?**
- 3 **Are you taking blood thinning medications?**
- 4 **For females: Are you pregnant?**

If the answer is **YES** to any of the above,  
you are not a candidate for a gastric balloon.



## **Am I Spatz3 Candidate?**

Scan the QR Code  
for the full list of contraindications.

## How does Spatz3 compare to other weight loss balloons, ESG and injectable meds?

	Spatz3	Orbera Balloon	ESG	Weight Loss Injections
<b>Weight Loss</b> (total body weight loss)	<b>15%</b> <sup>[1]</sup>	10.2% <sup>[2]</sup>	15.6% <sup>[4]</sup>	14.9% <sup>[5]</sup>
<b>Success Rates</b> (achieved >10% total body weight loss)	<b>84%</b> <sup>[1]</sup>	46% <sup>[2]</sup>	77% <sup>[3]</sup>	61.8% <sup>[6]</sup>
<b>Weight Maintenance</b> (maintaining >10% total body weight loss)	<b>76%</b> 2-years after balloon removal <sup>[7]</sup>	38% 2-years after balloon removal <sup>[8]</sup>	63% 3-years after ESG procedure <sup>[3]</sup>	33% 1-year after stopping injections <sup>[9]</sup>
<b>Reversible &amp; Repeatable</b>	✓	✓	✗	✓

## What is my likelihood of success?

The Spatz3 had the highest weight loss of all gastric balloons in FDA trials:

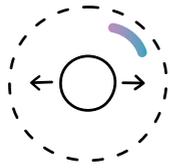
**15% weight loss – 31.7 lbs**

\*Orbera had 10.2% weight loss – 21.8 lbs

The Spatz3 had the highest success rate of all Gastric balloons in FDA trials

**84% success rate**

\*Orbera had 46.4% success rate



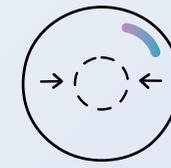
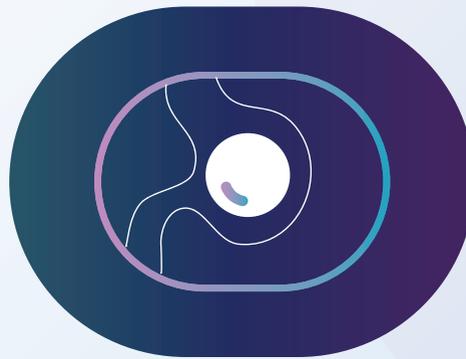
## Up-Adjustment

With all gastric balloons, the body will adjust to the presence of the balloon around the 4th month, leading to a plateau in weight loss or even weight regain.

**ONLY** Spatz3 has the solution to the weight loss plateau. With a short up-adjustment procedure, we can increase the size of your balloon, leading to additional weight loss and an extended treatment time.

# Spatz3:

## Unique Adjustability Feature



## Down-Adjustment

Up to 10% of patients experience balloon intolerance, leading to premature removal, depriving those individuals from achieving optimal weight loss results.

With Spatz3's unique adjustability feature, the balloon can be down-adjusted to alleviate intolerance, allowing for the continuation of your balloon treatment!



[1] Barham K Abu Dayyeh MD et al. Adjustable intragastric balloon for treatment of obesity: a multicentre, open-label, randomised clinical trial. *The Lancet*. Volume 398, Issue 10315, 27 November–3 December 2021, Pages 1965-1973.

[2] Corcoulas A et al. Intra-gastric balloon as an adjunct to lifestyle intervention: a randomized controlled trial. *International Journal of Obesity* (2017) 41, 427–433

[3] Yoon JY, Arau RT; Study Group for Endoscopic Bariatric and Metabolic Therapies of the Korean Society of Gastrointestinal Endoscopy. The Efficacy and Safety of Endoscopic Sleeve Gastroplasty as an Alternative to Laparoscopic Sleeve Gastrectomy. *Clin Endosc*. 2021 Jan;54(1):17-24.

[4] Sharaiha RZ, Hajifathalian K, Kumar R, et al. Five-year outcomes of endoscopic sleeve gastroplasty for the treatment of obesity. *Clin Gastroenterol Hepatol*. 2020 Oct 1;

[5] Wilding JPH, Batterham RL, Calanna S, et al. Once-weekly semaglutide in adults with overweight or obesity. *N Engl J Med*. 2021; 384: 989- 1002.

[6] Garvey, W.T., Batterham, R.L., Bhatta, M. et al. Two-year effects of semaglutide in adults with overweight or obesity: the STEP 5 trial. *Nat Med* 28, 2083–2091 (2022).

[7] Lopez Nava G, Bene L, Kupka T, Buzga M, Machytka E. Weight Maintenance 2 Years After Extraction Of The Spatz Adjustable Balloon . *UEGW 2014 Poster Presentation*

[8] S. Negrin Dastis, ... J. -M. Dumonceau Intra-gastric balloon for weight loss: results in 100 individuals followed for at least 2.5 years. *Endoscopy* 2009; 41:575–580

[9] Wilding, JPH, Batterham, RL, Davies, M, et al. Weight regain and cardiometabolic effects after withdrawal of semaglutide: The STEP 1 trial extension. *Diabetes Obes Metab*. 2022; 24 (8): 1553- 1564.

# Spatz Procedures



	Indication	Volume recommendation	Preparation	Medication after procedure	Symptoms after procedure	Diet after procedure
<b>Implantation</b>	Obesity	<ul style="list-style-type: none"> <li>• 400-550 ml</li> <li>Or</li> <li>• 350 ml to decrease early intolerance and adjust up with 100-150 ml in 4 to 6 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Hx, PE, Labs</li> <li>• Dietary evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• PPI (Nexium 20 mg/day X 8 months)</li> <li>• Emend (Aprepitant) 125 mg day of implant; 80 mg day 2; 80 mg day 3</li> <li>• Zofran 8mg q6h</li> <li>• Anti-spasmodic (e.g. Levsin) as needed</li> </ul>	<ul style="list-style-type: none"> <li>• 400-550 ml balloon: 3-4 days of nausea, vomiting or pain</li> <li>Or</li> <li>• Start with 350 ml balloon: decrease symptoms</li> </ul>	Liquids only for 2-3 days and progress slowly
<b>Up Adjustment</b>	<ul style="list-style-type: none"> <li>• Lack of balloon effect at 4 to 5 months (Do not up adjust if eating causes burps, bloating, nausea, vomiting or pain)</li> </ul>	<ul style="list-style-type: none"> <li>• Add 200 to 300 ml (max volume 850 ml)</li> <li>• If a down adjustment was done in the first few weeks, Add only 100 or 150 ml</li> </ul>	3-day liquid diet prior to adjustment	Increase PPI to BID for 10 days	<ul style="list-style-type: none"> <li>• 1/3 have N/V or acid reflux</li> <li>• 2/3 without significant symptoms</li> </ul>	Liquids for 1 day and advance as tolerated
<b>Down Adjustment</b>	<ul style="list-style-type: none"> <li>• Intolerance in first few weeks</li> <li>• Unable to advance diet beyond liquids in 2<sup>nd</sup> to 3<sup>rd</sup> week</li> <li>• Initial symptoms of first 3-4 days do not decrease after day 5</li> </ul>	<ul style="list-style-type: none"> <li>• Remove 150 ml (or 100 ml if initial volume is 400 ml)</li> </ul>	Liquid diet	No extra meds required	Immediate relief (fatigue/ weakness resolves in 24-48 hrs)	Liquids for 1 day and advance as tolerated
<b>Removal</b>		None	3-day liquid diet prior to removal	No extra meds required	None	Soft diet for 1 day and advance as tolerated

# How to Succeed

**Motivation,  
Determination  
& Customization**

Success with Spatz3 relies on motivation and determination, but what sets it apart is its adjustable option. This allows physicians and patients to optimize balloon size, leading to the highest weight loss and success rates in clinical trials compared to non-adjustable balloons.



Successful patients learn to **pay attention to their stomach**

- Follow up with clinic and dietitian monthly
- Understand how balloons work



Delayed stomach emptying



Food accumulates and starts to fill up stomach



1st warning

Intermittent 'signals':  
burps, bloating



Patient responds  
with diet change



Decrease 'signals'  
Lose weight



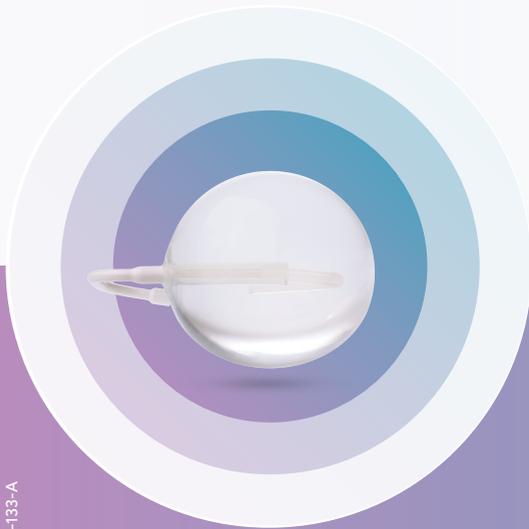
Patient ignores 'signals'



Increase 'signals'  
Eventual symptoms:  
nausea, vomiting

# Life **after** Spatz3

After balloon removal, use the tools learned for mindful eating and portion control. Gradually reintroduce a balanced diet and maintain regular physical activity. Seek support from healthcare professionals for ongoing guidance.



SPZ-TM-133-A



[www.spatzmedical.com](http://www.spatzmedical.com)

## The Spatz3 Adjustable Gastric Balloon Advantage:



**Personalized non-surgical weight loss solution**



**Adjustable feature allows tailored treatment**



**Empowers individuals to adopt sustainable lifestyle changes**



**Offers customized support for a successful weight loss journey**

Take the first step towards your weight loss goals with the Spatz3 Adjustable Gastric Balloon today!

## The One & Only Adjustable Gastric Balloon

Copyright © 2024 Spatz FGIA Inc and Spatz Medical. All rights reserved.

