



Frequently Asked Questions

Endoscopic Sleeve Gastroplasty and the Apollo ESG System

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 called the Apollo ESG System 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?

Apollo ESG is for adults with obesity (defined as having a Body Mass Index (BMI) between 30-50 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 work after ESG?

Patients typically return to routine daily activities in 2-3 days.³

How much weight can I lose with ESG?

According to a large, randomized clinical study¹, patients lost an average of 13.6% of their body weight 12 months after undergoing the ESG procedure. 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.



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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 removing 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?

Healthcare 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 an 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.

¹ Abu Dayyeh et al. Endoscopic sleeve gastroplasty for treatment of class 1 and 2 obesity (MERIT): a prospective, multicentre, randomised trial. *Lancet*. Vol 400. July 28, 2022. 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 et al. Endoscopic gastroplasty versus laparoscopic sleeve gastrectomy: a noninferiority propensity score-matched comparative study. *Gastrointest Endosc*. 2022.

³ Kozan et al. Return to activities of daily living following outpatient endoscopic bariatric therapy. *AJG*. 2021.

Apollo ESG System Safety Information for Patients

- Apollo ESG System devices are made to help you lose weight by reducing the size of your stomach and increasing the time it takes for food to pass through your stomach.
- For Apollo ESG 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.
- Apollo ESG System is for adults with obesity (BMI 30-50 kg/m²) who have not been able to lose weight and keep it off through more conservative measures (e.g., diet and exercise).
- Your doctor will ask you about your medical history and will also perform a physical examination to determine your eligibility for the Apollo ESG System device. Additionally, at the time of your procedure, the doctor may identify internal factors, such as stomach ulcers or erosive gastritis, which may prevent you from receiving the device.
- You must not receive Apollo ESG System if you are pregnant.
- You must not receive Apollo ESG System if you have an eating disorder (anorexia nervosa, binge eating disorder, etc.)
- All procedures have risk. Patients should talk to their doctor and understand all risks before having a procedure.
- Nausea and vomiting, abdominal pain, constipation, eructation, constipation, heartburn, and diarrhea are common after the ESG. Gastrointestinal bleeding may also be experienced following these procedures. More serious complications have been reported, though these are relatively rare.
- While many patients are discharged from the hospital on the day of their procedure, some patients may stay in the hospital or return to the hospital for assistance with symptoms associated with accommodating to the sleeve. Symptoms are most often treated with IV fluids or medication, but medical intervention may be required.
- Call your doctor if you have any concerns about your health or well-being following an ESG.
- Some patients may not lose weight following a procedure with Apollo ESG System. Others may lose weight and then report that they no longer feel full after a meal, like they did when they first had their procedure. In such cases, the sleeve may have been compromised. Talk to your doctor about your options. You may be a candidate to have the sleeve restored, reduced, or to have another type of weight loss procedure.

Individual Weight Loss May Vary

CAUTION: The 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 apolloendo.com/dfus

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ENDO-1904606-AA