



e-MEDICAL SCHWEIZ
Dein Magenballon Spezialist

Change your life today with E-Medical Europe

Discover the power of the gastric balloon and start enjoying your life to the fullest

Are you tired of constantly struggling with excess weight? Frustrated with diets that don't bring long-term results? Imagine a life where you feel lighter, more energetic, and more confident. That life is possible – and closer than you think!

At E-Medical Schweiz, we understand your journey and support you with a safe, innovative, and HIGHLY EFFECTIVE solution: the gastric balloon program.



Proven Benefits

Change your life and regain your well-being

With our gastric balloon program, you don't just lose weight – you also benefit from amazing advantages that will positively impact your life:

1. **Effective, visible, and sustainable weight loss:** Say goodbye to excess weight in a healthy way. Our programs help you lose between 10% and 35% of your excess weight – or even more – depending on the method chosen and your personal commitment.
2. **Significant improvement in your health and quality of life:** Enjoy greater mobility, vitality, and well-being. The risk and symptoms of diseases like type 2 diabetes, high blood pressure, sleep apnea, fatty liver, and joint pain are significantly reduced.
3. **Increased self-esteem and joy of life:** Feel comfortable in your body again, regain lost confidence, and reduce emotional eating. Live more actively and fully!
4. **NON-SURGICAL and minimally invasive:** No reason to worry – we offer advanced procedures that require no surgery. Some options don't even require endoscopy or anesthesia.
5. **Healthy habits for a lifetime:** We support you in adopting mindful eating habits – a change that lasts beyond the treatment.
6. **Comprehensive, personalized care:** Our medical and nutritional team is by your side throughout the entire process.



How does this change work?

The secret of the gastric balloon



A gastric balloon is a medical aid for weight reduction that is temporarily placed in the stomach. It is usually made of soft silicone and typically inserted via gastroscopy (endoscopically), followed by filling.

What does the gastric balloon do in the stomach?

1. **It fills space in the stomach:** The balloon is filled with liquid (e.g., saline) or air, thereby taking up volume in the stomach – typically 400–700 ml.
2. **It induces a faster feeling of satiety:** Due to the reduced space in the stomach, you feel full more quickly, automatically eat less, and consume fewer calories.
3. **It supports the relearning of eating habits:** While the balloon is in the stomach (typically 6 to 12 months), individuals can learn to eat more healthily and accept smaller portions.



Our Programs

An individual plan for your success

STELLA® PROGRAM

(6 MONTHS)

Commitment with visible results

SPATZ® PROGRAM

(12 MONTHS)

Your path to complete transformation

ALLURION® PROGRAM

(4 MONATE)

Swallowable Balloon

STELLA® PROGRAM

Commitment with visible results

Duration 6 months

- **Balloon type:** Endoscopically inserted balloon that stays with you for half a year. Simple, safe placement and removal under light sedation in outpatient treatment.
- **Average weight loss:** 15–25% of excess weight (approx. 12–25 kg or more).
- **Suitable for:** Individuals with a BMI between 25 and 40 who are looking for an effective, time-limited solution and want to change their habits in the long term.
- **Optional:** Can be supplemented with a 6-month personalized coaching by our nutrition experts for lasting success.

SPATZ® PROGRAMM

Dein Weg zur vollständigen Veränderung

Duration 12 months

- **Balloon type:** Endoscopically inserted balloon that stays with you for a full year. Simple, safe placement and removal under light sedation in outpatient treatment.
- **Average weight loss:** 18–27% of excess weight (approx. 23–40 kg or more).
- **Suitable for:** Individuals with a BMI between 27 and 42.
- **Optional:** Can be supplemented with a 12-month personalized coaching by our nutrition experts.

ALLURION® PROGRAMM

Schluckballon

Duration 4 months

- **Balloon type:** The peak of comfort! This balloon is swallowed in the form of a small capsule during a short medical visit – completely without endoscopy or anesthesia for placement. It is naturally excreted.
- **Average weight loss:** 10–14% of excess weight (approx. 5–15 kg or more).
- **Suitable for:** Individuals looking for an effective initial boost and a revolutionary as well as comfortable method to start their transformation.
- **Optional:** Can be supplemented with a 4-month personalized coaching by our nutrition experts.

General Requirements for the Gastric Balloon Program

Body Mass Index (BMI):

- A BMI between 25 and 42 is generally required.
- In certain cases, higher BMIs are also possible – especially in the presence of accompanying health problems.

Age:

- Minimum age: 16 years.
- Generally suitable up to approx. 65–70 years.

Weight loss attempts:

- Previous unsuccessful attempts with diet and exercise.

Willingness to change:

- The motivation to change eating habits, be active, and attend medical check-ups.

Gastrointestinal health:

- No previous interventions on the stomach or esophagus.

Medical examination:

- A medical and partly psychological evaluation is necessary to rule out risks and create an individual plan.

Not suitable for:

- BMI under 25.
- Individuals with active eating disorders or untreated mental illnesses.
- People with severe gastrointestinal diseases or surgical interventions on the digestive tract.
- Pregnant or breastfeeding women.

Importance of medical evaluation

It is essential to have a consultation with our bariatric specialists to determine whether a gastric balloon is suitable in the individual case. The medical evaluation allows the identification of possible contraindications and the creation of a personalized treatment plan.



THE PROCEDURE

The placement of the gastric balloon is a non-surgical and minimally invasive procedure used for weight reduction. Below are the main phases of the process.

1. Medical Preliminary Examination

Before the procedure, a comprehensive medical assessment is carried out to determine whether the patient is suitable for the gastric balloon. This includes blood tests, imaging procedures, and a review of the medical history.

2. Preparation and Sedation

The procedure is performed on an outpatient basis under mild or deep sedation, depending on the individual case. This ensures that the patient feels no pain during the placement of the balloon.

3. Placement of the Gastric Balloon

Via endoscopy: A flexible tube with a camera (endoscope) is inserted through the mouth into the stomach. Through this instrument, the deflated balloon is positioned in the stomach and then filled with sterile saline solution to the desired volume (between 400 and 700 ml).

4. Duration of the Procedure

The placement of the gastric balloon usually takes 20 to 30 minutes. As it is an outpatient procedure, the patient can return home on the same day after a short observation period.

5. Recovery and Adjustment

In the first few days after the procedure, nausea, vomiting, or abdominal discomfort may occur as the body adjusts to the balloon. These symptoms usually subside after a few days and can be treated with appropriate medication.

6. Follow-up and Removal of the Balloon

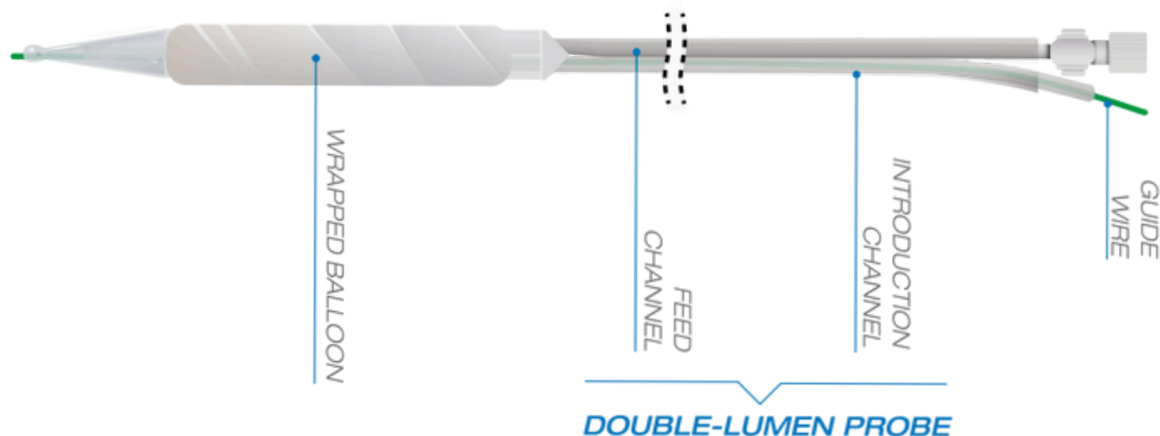
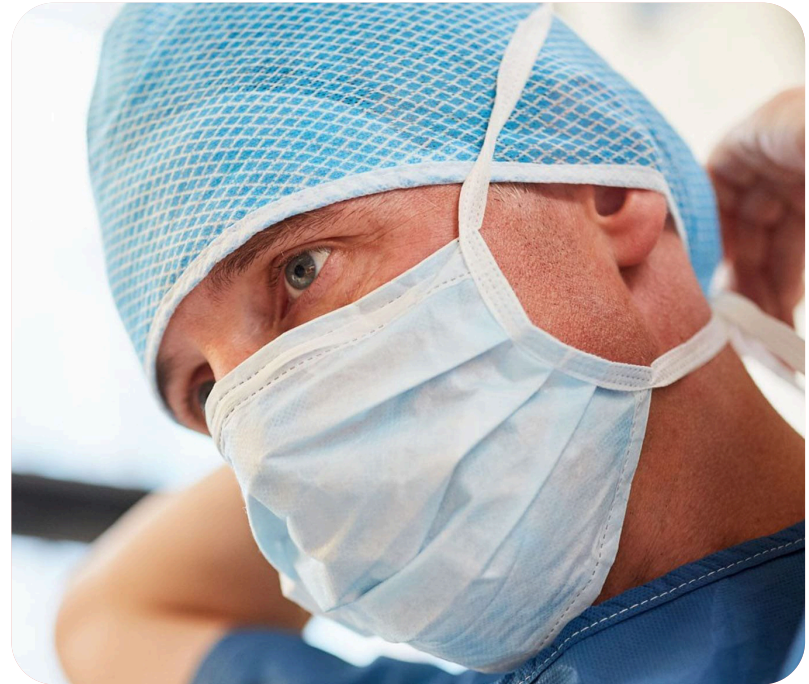
The gastric balloon remains in the stomach for a specific period — usually between 6 and 12 months, depending on the type of balloon used. It is then removed through a similar procedure: the balloon is deflated and extracted via endoscopy.

It is important to emphasize that the success of the treatment with the gastric balloon strongly depends on the patient's commitment to a lifestyle change — especially regarding healthy eating and regular physical activity.



ON THE DAY OF IMPLANTATION

- Wear comfortable clothing and shoes.
- Wear glasses if necessary, but no contact lenses.
- Avoid make-up, as it can make it more difficult to recognize clinical signs of illness.
- Patients will receive a prescription for the medications they must take after the implantation.
- Please bring a companion who can take you home. After the implantation, you may not drive yourself or use public transport alone.
- Please note: These are general guidelines only. You will receive specific instructions at our medical center.



AFTER PLACEMENT

1. Initial Adjustment (first 3 to 7 days)

- Common symptoms: Nausea, vomiting, and abdominal discomfort are normal in the first few days as the stomach adjusts to the balloon. These symptoms usually disappear after 2 to 3 days.
- Liquid diet: It is recommended to consume clear, non-carbonated fluids such as water, low-sodium broths, and herbal teas. Avoid carbonated and alcoholic beverages.
- Physical activity: Take light walks to relieve gas-related discomfort but avoid intense physical exertion during the first week.

2. Dietary Transition (Week 2 to 4)

- Semi-liquid diet: Introduce easily digestible, soft foods such as pureed vegetables, natural yogurt, and strained soups.
- Soft foods: From the third week, you can introduce soft and easily digestible foods such as cooked vegetables, cooked fish, or fresh cheese.
- Hydration: Continue drinking at least 2 liters of calorie-free, non-carbonated fluid per day.

3. Nutritional Change and Healthy Habits (from the 2nd month)

- Balanced diet: Adopt a protein-rich diet with lean meat, fruits, vegetables, and whole grains. Avoid processed, fried, and sugary foods.
- Portion control: Eat slowly, chew thoroughly, and avoid distractions during meals.
- Adequate fluid intake: Drink water between meals and avoid beverages during meals to avoid impairing digestion.

4. Regular Physical Activity

- Progressive training: After the first week, start with joint-friendly activities such as walking or swimming and gradually increase the intensity depending on tolerance.
- Regular routine: Establish a fixed exercise routine of at least 150 minutes per week to support weight loss and improve overall health.

5. Medical Follow-up and Professional Support

- Regular check-ups: Attend consultations regularly with our medical team (e.g., endocrinologists, nutritionists, and psychologists) to monitor progress and make adjustments.
- Psychological support: Consider psychological help to address emotional aspects related to eating behavior and to maintain motivation.

6. Long-term Maintenance

- Removal of the balloon: The gastric balloon is usually removed after 6 to 12 months, depending on the type of balloon used.
- Sustainable habits: Maintain the eating and physical activity habits learned during treatment to ensure long-term weight loss.



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Thank you for your interest in the gastric balloon treatment.

We would be very pleased to accompany you on this important step.

Our specialized team offers you personal care with experience, commitment, and warmth.

We are confident that you will feel in good hands with us from the first consultation to the aftercare.

Do not hesitate to contact us if you have any questions – we are happy to assist you and would be delighted to welcome you to our center.

We are expecting you today.



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