



DIGESTIVE
HEALTH CENTRE

SUNWAY
MEDICAL CENTRE
Sunway City Kuala Lumpur



ENDOSCOPIC
SLEEVE
GASTROPLASTY

ENDOSCOPIC SLEEVE GASTROPLASTY (ESG)

Patient Information Guide

BEFORE YOUR ESG

Pre-General Anaesthetic Workup

Blood tests, chest X-ray, electrocardiogram (ECG), and echocardiogram (if required) will be conducted 2 days prior to the procedure.

Medications

Acid Suppression Medications **01**

Acid suppression medications should be taken for **14 days before the procedure**.

This medication reduces stomach acid. You are required to continue taking it for at least another **30 days after the procedure**.

Blood-Thinning Medications **02**

Blood-thinning medications should be **stopped 48 to 72 hours** before the procedure.

Please inform your cardiologist of your procedure date and seek advice on discontinuing these blood-thinning medications.

GLP-1 Receptor Agonists **03**

If you are on GLP-1 receptor agonists, start a **nourishing fluid diet at least 72 hours** before the procedure. Please follow your dietitian's advice accordingly.

Diabetes Medications **04**

Kindly consult your endocrinologist, as diabetes medications may need to be discontinued or adjusted before the procedure.

Pre-Operative Diet

2 Weeks Before ESG

Please ensure you have consulted a dietitian and started a **Very Low-Calorie Diet (VLCD)** at least 2 weeks before ESG.

48 Hours Before ESG

- ◆ Take only nourishing fluids. Aim 1.5-2L within 24 hours (sip little and often).
- ◆ Examples of allowed fluids: water, sugar-free squash, milk, tea, coffee, smooth soups, and meal replacement drinks.

12 Hours Before ESG

- ◆ Drink only small amounts of water or diluted sugar-free clear fluids.
- ◆ Do not consume milk, milky drinks, or soups.

4 Hours Before ESG

Fast completely. No food or fluids allowed.

CPAP (Continuous Positive Airway Pressure)

Please bring your CPAP machine to the hospital if you are using one.

AFTER YOUR ESG

- ◆ You will be monitored in the recovery bay.
- ◆ You are encouraged to mobilise out of bed after 2 hours.
- ◆ Water or clear fluids may be consumed after 3-4 hours.
- ◆ Maintain good hydration with approximately 2L of water per day.

01 Common Side Effects

Mild gastrointestinal symptoms such as nausea, abdominal cramps, vomiting, constipation, diarrhoea, or burping are common. These symptoms typically last from a few days to up to 60 days.



02 Medications

Medications on Discharge:

- ◆ **Acid suppression medication:**
take regularly for at least 30 days
- ◆ **Antispasmodic / anti-flatulent medication:**
take regularly in the first week, then as required
- ◆ **Pain relief medication:**
take regularly for the first week, then as required
- ◆ **Anti-nausea / vomiting medication and laxatives:**
take as required
- ◆ **Nutritional supplements:**
multivitamins advisable for the first year



Medications to Be Avoided:

- ✗ Nonsteroidal anti-inflammatory drugs (NSAIDS)
- ✗ Prokinetics

**Duration depends on a case-to-case basis.*

**Kindly check with Dr Yong's clinic for further details if you are unsure. (QR code on last page)*

03 Post-Operative Diet

Please refer to the **ESG Dietary Protocol** below. This is designed to support healing, prevent complications, and optimise long-term weight loss after ESG.



SunMed ESG
Dietary Protocol



04 Long-Term Lifestyle

Regular exercise will improve your outcomes after ESG. Activities such as brisk walking or swimming are encouraged.

05 Follow-Up Schedule

Week 0 (Immediately after ESG)	Dietitian and Dr Yong's review
Week 1 Week 5 Week 12	Dietitian and Dr Yong's review (including body composition analysis)

**Please note that this schedule serves as a general guideline and may be adjusted based on individual clinical needs.*



Contact Information

If you have any questions, please contact Dr Yong's dedicated ESG WhatsApp line. We will endeavour to respond within working hours.



Dr Yong Karl King's Clinic

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- ☎️ **+603-7494 1349** (Office Hours Only)
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References

- *Endoscopic Sleeve Gastroplasty Patient Information Leaflet* (www.uhcw.nhs.uk)
- *Boston Scientific ESG Clinical Leaflet*

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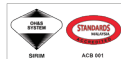
Australian Council on Healthcare Standards International



Malaysian Society For Quality in Health



European Society for Medical Oncology



CERTIFIED TO ISO 45001:2018
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CERTIFIED TO ISO 9001:2015
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The Royal College of Pathologists of Australia



Accreditation For Special Haematology Lab



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