

ESG procedure Safety Information for Patients

- Apollo OverStitch™ 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 ESG procedure 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.
- ESG procedure is for adults with obesity (BMI higher than 30 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 ESG procedure. 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 procedure.
- ESG procedure is not indicated if you are pregnant.
- ESG procedure is not indicated 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, 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. These symptoms typically resolve within 30 to 60 days.
- 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 an ESG procedure. 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.

**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](https://apolloendo.com/dfus). Products shown for INFORMATION purposes only and may not be approved or for sale in certain countries. This material is not intended for use in France.  
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Content of this material is for informational Purposes only and does not constitute medical advice. Boston Scientific strongly recommends that you consult with your physician on all matters pertaining to your health or to address any questions. Results from case studies are not necessarily predictive of results in other cases. Results in other cases may vary. The law restricts these devices to sale by or on the order of a physician.

There are risks associated with all medical procedures. Please talk with your doctor about the risks and benefits associated with Endoscopic Sleeve Gastroplasty procedure.

\* MERIT Study, The Lancet. 2022.  
\* Sharaiha, et al. CGH. 2020.

CE 2797



## Endoscopic Sleeve Gastroplasty

Living with obesity can make everything feel heavier



### • FRUSTRATION WEIGHS HEAVY ON THE MIND. DISCOURAGEMENT WEIGHS HEAVY ON THE HEART.

But, when you find an endoscopic weight loss procedure that empowers you to lose the physical weight and achieve significant, lasting results\*, those emotional pounds can follow. Are you ready for a new beginning?

### • START FRESH WITH ESG PROCEDURE.

Endoscopic Sleeve Gastroplasty (ESG) is an endoscopic weight loss procedure that reduces the size of your stomach without incisions or scars.



### • HOW IT WORKS.

A specially trained doctor uses the Apollo OverStitch™ System to sew your stomach into a smaller shape, so you eat less and feel full faster. This small suturing device attaches to a camera passed through your mouth into your stomach while you are asleep.



**Obesity is more than just the physical weight.**

Feeling discouraged or frustrated can feel even heavier. There's a new procedure that can help.

# No incisions. No scars.

ESG is an advanced endoscopic procedure that requires no incisions. That means no scars. This life-changing procedure is ideal for those who have not gotten results from drug therapies, dietary advice or exercise changes, and are hesitant to pursue more invasive weight loss options.



## CE Marked

The OverStitch™ System has been CE marked to perform ESG procedure for weight loss.



## 70-80% stomach reduction

Patients feel full with less food, resulting in significant weight loss.



## Less time away

Most patients typically go home the same day as the procedure and can return to work in 2-3 days.



## See the difference

Patients lose an average of 14% of total body weight at year 1.<sup>1</sup>

# Clinical evidence.

49%

Excess body weight loss 12 months after the procedure.<sup>1</sup>

14%

Average total body weight loss at year 1.<sup>1</sup>

68%

Of patients maintained most of their weight loss 2 years after the procedure.<sup>1</sup>

<sup>1</sup> MERIT Study, *The Lancet*, 2022.

# What to expect.

Your newly smaller stomach will have less space for food. When eating, you should feel fuller quicker, and you'll work to develop better habits. This is your new start to a healthier lifestyle.

## Before the procedure

After meeting with your doctor and nurses, you will be given medication to help you sleep and feel comfortable during the procedure.

## Coming home

Most patients typically go home the same day and return to work in 2-3 days. Your doctor may prescribe you medications to take after the procedure to manage any discomfort or gastrointestinal symptoms.

## The first four weeks

To help your stomach heal, you will be on a liquid diet for the first week or two, followed by pureed and soft foods for the next two weeks. Typically by week four, you will be able to resume eating solid foods. Follow your doctor's specific instructions.

## After the first month

With less room in your stomach, you should feel full faster and continue to lose weight. The procedure helps you develop better eating habits and change your lifestyle for lasting results.

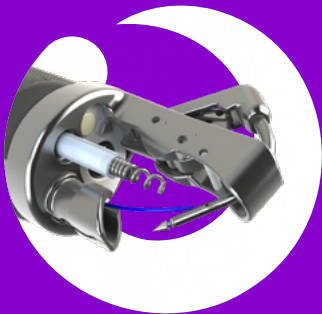
# FAQs

## Am I a candidate for this procedure?

ESG performed with the OverStitch™ System is indicated for adults with obesity who have not been able to lose weight or maintain weight loss through diet and exercise alone. Talk to your doctor about whether you may be a good candidate for this endoscopic procedure.

## What device does the doctor use to do the procedure?

OverStitch™ System has been CE marked to perform ESG procedure for weight loss. It is a small endoscopic suturing device, about the size of your finger, that attaches to the end of an endoscope. It is used by a specially trained gastroenterologist or surgeon to sew your stomach into a smaller shape.



## Is the procedure permanent?

The sutures are made of a durable, permanent material that does not dissolve. Over time, scarring helps maintain the reduced stomach size and sleeve-like shape. In the event the sutures break or the sleeve stretches, retightening can be performed by your doctor.

## 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 to 60 days.

For more FAQs visit [apolloendo.com/ESG](https://apolloendo.com/ESG)

# ESG success stories.



Ambra lost 35 kgs



Victor lost 42 kgs



Anke lost 22 kgs

Results are from individual patient testimonials, and your results may vary. See their full stories and more at [apolloendo.com/ESG](https://apolloendo.com/ESG).