

Endoscopic Sleeve Gastroplasty (ESG)



Non-Surgical Weight Loss Procedure
by



Luminis HealthSM

Welcome

Choosing to pursue weight loss treatment is an important step toward improving your health and overall well-being. At Luminis Health, we are honored that you have chosen our team to guide you through this journey.

Endoscopic Sleeve Gastroplasty (ESG), also known as the Endosleeve procedure, is an innovative, minimally invasive weight-loss treatment that helps reduce the size of the stomach without ESG.

Unlike traditional bariatric procedures, ESG is performed entirely through the mouth using a flexible endoscope. This means no surgical incisions, no injections into the abdomen, and no external scars.

Because the procedure is minimally invasive, ESG is typically performed as an outpatient procedure, allowing most patients to return home the same day. This approach often results in a faster recovery while still providing an effective tool to support meaningful and lasting weight loss.

This guide has been created to help you understand the ESG procedure, prepare for your treatment, and support you during your recovery. Our team is committed to providing compassionate, patient-centered care and will work closely with you throughout your weight-loss journey.

We encourage you to review this information carefully and ask questions whenever something is unclear. We look forward to helping you take this important step toward a healthier future.

Own your health with MyChart.

It shouldn't be hard to make your family's health care a priority. That's why we've put around-the-clock access to your medical information — and to your providers — in your hands. Literally. Available to all Luminis Health patients on any smart device or computer, Luminis Health MyChart makes it easy to manage your health care needs anytime, anywhere.



Safely manage your records.

Access Immunization Records: View and print your vaccination history and get recommendations for future shots based on your age, gender and condition.

Pay Your Bill: Review your bills and make online payments.

Take Care of Family: Get proxy access if you're a parent or caregiver.



Quickly access your care team.

Make Appointments: Browse available times and reserve one that works for you.

Message Your Care Team: Send a private message to your provider and get a response time within a few business days.

Schedule Video Visits: Get help with minor medical concerns via video chat at designated appointment times.



Easily track your health.

Review Recent Test Results: See recent imaging, lab and pathology results.

Refill Prescriptions: Request a prescription at the pharmacy of your choice.

Track Your Health: See important health indicators like your blood pressure, weight and pulse over time, so you can monitor changes and set goals.

Enroll in MyChart

For more details and information on MyChart visit, LuminisHealth.org/en/mychart-connect

Request a MyChart activation code online at MyChart.aahs.org/MyChartAccess/signup or during an office visit with any participating medical practice. Your activation code enables you to log in and create your own user ID and password. You can also request an account by calling MyChart Support at 833-254-3600 or sending an email to mychartsupport@luminishealth.org.

The support you need, when you need it.



Your care team.

You aren't in this alone. You'll have a whole team guiding you behind the scenes — but your clinical coordinator is always a great first step. Involving your surgeon, nurses, dietitians and other team members as needed, your bariatric clinical coordinator helps you get the answers you need, navigate your appointments and troubleshoot any obstacles you encounter along the way.

Our office: (p) 443-481-6699 LHAAMC (f) 443-481-6713
LHDCMC (f) 240-965-4417

Name: _____

Contact: _____

Luminis Health contacts

Luminis Health Preanesthesia Testing Center

Anne Arundel Medical Center: 443-481-3624

Doctors Community Medical Center: 301-552-8640

Luminis Health Surgical Prep Team

Anne Arundel Medical Center: 443-481-1840

Doctors Community Medical Center: 301-552-8897

Luminis Health Surgical Waiting Room

Anne Arundel Medical Center: 443-481-1800

Doctors Community Medical Center: 301-552-8242

Luminis Health Smoking Cessation Program

Anne Arundel Medical Center: : 443-481-5366

Doctors Community Medical Center: 301-552-5178

Luminis Health Lodging

Hackerman-Patz House: 410-571-3100

Navigating insurance.

Choosing to proceed with bariatric ESG is a big commitment – physically, mentally and financially. That is why we work with you when you have your ESG date. We assist you with the preauthorization for your insurance company.

As you go through this process keep your ID card nearby. Take note of who you talk to, along with the date and time of the call. If your provider doesn't send you the coverage and requirements, make sure you take notes. This information is helpful to have handy and easy to forget.

Understanding your insurance benefits when it comes to bariatric ESG can cause confusion. While we can't always answer your insurance questions, we can provide you with some helpful advice to talk to your insurance provider about coverage and estimated costs. Here are some talking points to help make the conversation easier.

"Hi, my name is John Doe. I am planning to have bariatric ESG. My **diagnosis code is E 66.01**. Can you tell me what my level of coverage and percent I will have to pay for the following:

- Office consult (CPT 99244). \$ _____ %
- Endoscopic Sleeve Gastroplasty (CPT 43889). _____ %
- Will you please send me information on my coverage and requirements for this procedure, such as:
 - Referrals.
 - Medical policy requirements (BMI, health history).
 - Dietary/nutritional consults and services.
 - Deductible amount, and time-frame.
 - Annual out-of-pocket amount, and time frame.
 - Amount of coverage for this procedure.

Thank you for your time today. Can I get your name and phone number for future questions?"



Understand your required appointments.

As you work toward your ESG date, you'll have required appointments with your surgical team, dietitian and care team to ensure you are prepared for your ESG. These appointments give us an accurate assessment of your health and are the best way to avoid complications. Each of these appointments provides you an opportunity to ask any questions, share concerns and get advice.

Your surgical team.

Open, honest conversations keep us all on the same page. We'll walk you through your plan, including the preoperative assessment, preparation for your procedure and what to expect during recovery. These visits include:

- An in-person or virtual surgical consultation.
- Presurgical testing.
- Follow-up appointments.
- A pre-procedure appointment.
- Post-procedure appointments (1 week, 5 weeks, 3 months, 6 months, 12 months and then yearly).

Preop checklist.

Day of Follow Up Appointment:			
Test	Provider/Facility	Appointment date and time	Sent test results
Cardiac clearance			
EGD			
Mental health			
Upper GI (swallow x-ray test)			
Abdominal ultrasound			
Chest X-Ray			
Labs			
Sleep study			
Additional clearances			
Nutrition			

Discover trusted partners in the Annapolis area.

Cardiac clearance

- *Luminis Health Cardiology*
2000 Medical Parkway, Suite 510,
Annapolis 410-897-0822
- *MedStar Cardiology Associates, LLC*
2002 Medical Parkway, Suite 500,
Annapolis 410-573-6480
- *Chesapeake Cardiac Care and Sleep Lab*
16900 Science Drive, Suite 200,
Bowie 410-573-9805

EGDs

- *Albert Fleisher, MD*
2003 Medical Parkway,
Wayson Pavilion, Suite 100,
Annapolis 443-569-3855
- *Anne Arundel Gastroenterology*
820 Bestgate Road, Suite 2A,
Annapolis 410-224-2116
- *Gastro Health*
621 Ridgely Avenue, Suite 201,
Annapolis 410-224-4887
- *GASTRO Center of Maryland*
1419 Forest Drive, Suite 105,
Annapolis 410-290-6677

Imaging tests

- *Luminis Health Imaging*
2002 Medical Parkway,
Sajak Pavilion, Suite 100,
Annapolis 888-909-XRAY (9729)

Lab tests

- *Conexus Laboratories*
2002 Medical Parkway, Sajak Pavilion,
Suite 240, Annapolis 443-481-3650
- *Conexus Laboratories*
8109 Ritchie Highway, Suite 100,
Pasadena 443-481-3650

Mental health evaluation

- *Luminis Health Mental Health Specialists*
2635 Riva Road, Suite 108,
Annapolis 410-573-9000
- *GBCC Behavioral Health*
30 Greenway Street, NW,
Glen Burnie 410-760-9079
- *Remedy Counseling Center*
819 Ritchie Highway, Suite 1020
Severna Park 410-431-5111
- *Arundel Lodge (Medicare & Medicaid)*
2600 Solomons Island Road,
Edgewater 443-433-5903
- *Advantage Point Behavioral
Weight Management*
Telemedicine available 887-583-5633
- *David Forbes, NP*
Baltimore 410-366-1717
Telemedicine available

Sleep studies

- *Luminis Health Neurology*
2000 Medical Parkway, 5th Floor,
Annapolis 443-481-6700

Discover trusted partners in the Lanham area.

Cardiac clearance

- *Capitol Cardiology Associates*
8116 Good Luck Road,
Lanham 301-552-1200

EGDs

- *Suzan Ebrahimi, MD*
7247 Hanover Parkway,
Greenbelt 301-345-5877
- *Albert Fleisher, MD*
8116 Good Luck Rd, Suite 210,
Lanham 443-569-3855
- *Mushtap A. Shah, MD*
7227 Hanover Parkway, Suite A,
Greenbelt 301-220-0606

Mental health evaluation

- *Sakowitz Counseling*
Telemedicine visits only
973-696-0800
- *Luminis Health Behavioral Health Clinic*
8200 Good Luck Road,
Lanham 301-623-4352
- *Advantage Point Behavioral
Weight Management*
Telemedicine available 887-583-5633

Imaging tests

- *Luminis Health Imaging*
8116 Good Luck Road, Suite 101,
Lanham 888-909-XRAY (9729)
- *Luminis Health Imaging*
4175 North Hanson Court, Suite 102,
Bowie 888-909-XRAY (9729)
- *Luminis Health DCMC Diagnostic Imaging*
Abdominal Ultrasound and
Chest X-ray call: 301-459-7990
Upper GI call: 301-552-8039

Sleep studies

- *Dr. Riad Dakheel*
4000 Mitchellville Rd, Suite B218,
Bowie 301-850-6333

Lab tests

- *Conexus Laboratories*
8116 Good Luck Road,
Professional Office Building,
Suite 010, Lanham

Discover trusted partners on the Eastern Shore.

Cardiac clearance

- *Luminis Health Cardiology Easton Pavilion*
28438 Marlboro Avenue,
Easton 410-822-2440 option 1
- *UM Shore Medical Group - Cardiology*
500 Cadmus Lane, Suite 207,
Easton (p)410-822-5571 (f)410-822-8716

EGDs

- *UM SMG-Gastroenterology at Easton*
511 Idlewild Avenue, Suite B,
Easton 410-822-6005

Imaging tests

- *Luminis Health Imaging*
28438 Marlboro Avenue,
Easton 888-909-XRAY (9729)
- *Luminis Health Imaging*
1630 Main Street, Suite 104,
Chester 888-909-XRAY (9729)

Lab tests

- *Conexus Laboratories*
28438 Marlboro Avenue,
Easton 443-481-3650
- *Conexus Laboratories*
1630 Main Street, Suite 104,
Chester 443-481-3650

Mental health evaluation

- *Peace of Mind Mental Health Services*
29315 Erickson Drive,
Easton 410-690-8181
- *Sakowitz Counseling*
Telemedicine visits only
973-696-0800
- *Luminis Health Mental Health Specialists*
2635 Riva Road, Suite 108,
Annapolis 410-573-9000
Virtual appointments available
- *Deborah Hyle, LCSW-C New Transitions*
8221 Teal Drive ,Suite 405,
Easton 240-565-9306

Sleep studies

- *UM Shore Sleep Disorders*
219 S. Washington Street,
Easton 410-822-1000 x 5338

Sample letters.

Insurance requires letters of medical necessity and clearance. Below is an example of a letter for your mental health evaluation clearance. Please make sure letters are on the medical office's business letterhead and include the date and their signature.

Mental health evaluation clearance

Dear Dr. _____.

I saw _____ for a prebariatric Endoscopic Sleeve Gastroplasty or ESG psychological evaluation. They are motivated to have the ESG to improve and maintain good physical health. They do not have any history of psychological _____. They do have a history of _____ that they manage with medication; their current symptoms are well controlled. Client has no history of substance abuse/dependence. They appear to have realistic expectations about the ESG and what they must do to prepare for it. I recommend them as a viable candidate for ESG. Please see my assessment and plan in the patient's chart. You are welcome to call me if you need additional information.

Sincerely,

Sample letters.

Insurance requires letters of medical necessity and clearance. Below is an example of a medical necessity letter. Please make sure letters are on the medical office's business letterhead and include the date and their signature.

Medical necessity

SAMPLE

Dear Dr. _____,
_____ is a _____-year-old who is morbidly obese. Their height is _____ and weight is _____ lbs., giving them a BMI of _____. Their ideal body weight should be _____ lbs. for a BMI of _____.

They have been unsuccessful in their attempts to lose weight over the past _____ years. They have tried

_____ (list medications, diets, and/or weight-loss programs). They have lost some weight only to regain it.

Their comorbidities include

_____ (hypertension, NIDDM, lower back pain, sleep apnea, arthritis, hypercholesterolemia, etc.).

They are very motivated to lose weight and improve their quality of life. I support them in this decision and believe they would be an excellent candidate for ENDOSCOPIC SLEEVE GASTROPLASTY (ESG).

Sincerely,



Working with your nutritional team.

Here to help you eat and live healthy.

Our dietitians provide recommendations for preop diet and lifestyle changes that will assist you in meeting your weight goal, as well as help you make changes in preparation for life after ESG. These appointments are:

- Monthly diet classes before ESG (\$35 per class). Insurance determine the number of classes you attend. Mandatory classes include “Intro to Bariatric ESG “Supplements” and “Pre/Post Op.” Please call our office at 443-481-6699 to schedule your diet classes
- One-on-one consult with a registered dietitian (\$45 per appointment).

We want to set you up for healthy eating that lasts a lifetime. And after bariatric ESG it’s not just a matter of what you eat but how you eat. That’s why we ask you to attend three nutrition classes. Each class is virtual and led by a licensed dietitian. Be sure to take the introduction class first. We also require you to take the pre/postop and supplements classes. Please make sure you check with your insurance to find out if they require additional classes. Your ESG will be scheduled once all required classes and preoperative tests are scheduled and completed.

- Make sure we have your correct email address on file.
- You’ll receive an email on the day of your class with instructions on how to login.
- The schedule of classes is available to you at the introductory class.
- Classes are offered multiple times per month for your convenience.
- We offer open discussion weight loss ESG support groups for 0-6 months and beyond.

Caring after Endoscopy Gastroplasty.

Because Endoscopic Sleeve Gastroplasty (ESG) is performed through the mouth using an endoscope, there are no external incisions to care for. However, it is still important to carefully follow your post-procedure instructions to promote healing and ensure the best outcome.



What to do.

Because Endoscopic Sleeve Gastroplasty (ESG) is performed through the mouth using an endoscope, there are no external incisions to care for. However, it is still important to carefully follow your post-procedure instructions to promote healing and ensure the best outcome.

During the first few days after the procedure, you may experience symptoms such as nausea, mild abdominal discomfort, fatigue, or throat soreness. These symptoms are common and usually improve as your body adjusts. Staying well hydrated and following the recommended post-procedure diet progression are essential parts of recovery.

It is important to monitor how you feel during the recovery period. Please contact your care team if you experience persistent vomiting, inability to keep liquids down, worsening abdominal pain, fever, significant bloating, or any other concerning symptoms.

Your bariatric care team is here to support you throughout your recovery. If you have any questions or concerns during the healing process, do not hesitate to contact the office.

Follow the recommended diet progression. Start with clear liquids, then advance to full liquids and soft foods as instructed by your care team. Eating slowly and taking small sips helps prevent nausea and discomfort.

Stay well hydrated. Aim to sip fluids throughout the day to avoid dehydration, especially during the first week after the procedure. Avoid carbonated beverages and sugary drinks.

Take prescribed medications as directed. You may receive medications for nausea, acid suppression, or discomfort. These help protect the stomach and make the recovery period more comfortable.

Monitor your symptoms and contact your care team if needed. Mild nausea or fatigue can occur initially, but you should call the bariatric office if you experience persistent vomiting, inability to keep liquids down, severe abdominal pain, fever, or any concerning symptoms.

Urgent or emergency care.



Warning Signs

- Fever of 101 degrees Fahrenheit or higher.
- uncontrolled nausea or vomiting
- Increased abdominal pain.
- unable to to keep liquids down



When to call your doctor.

We encourage you to reach out immediately if you're experiencing any signs of infection, urgent medical situation, question or concern. Monday–Friday, 8 am–4 pm call 443-481-6699. After business hours call 443-481-3156 and ask for the bariatric surgeon on call. For non-urgent matters you can also send a MyChart message — please allow 48 hours for a response.



When it's an emergency.

Please let us know immediately if you experience any of the following urgent medical situations:

- Bleeding.
- Dehydration.
- Fever greater than 101 degrees Fahrenheit.
- Rectal bleeding.
- Severe abdominal (stomach) pain.
- Signs of infection.
- Vomiting or intense nausea.
- Dizziness, weakness, confusion.

If you go to the Emergency Room, tell the ER physician you underwent weight loss ESG.

- **Ask to see a bariatric surgeon.**
- **Ask the ER team to contact Dr. Gandsas, Dr. Singh or Dr. Nicholas.**
- **Refuse to get a nasogastric tube unless a bariatric surgeon is available to insert it.**

Postoperative diet.

You've dedicated time and effort preparing for your Endoscopic Sleeve Gastroplasty (Endosleeve). Now it's important to focus on your recovery. Our team is here to answer any questions before your procedure and will continue to support you as you heal.

Although Endosleeve is performed without incisions, your stomach still needs time to recover after the sutures are placed. One of the most important parts of recovery is following Phase One of the postoperative diet, which focuses on clear liquids during the first several days after the procedure. This phase helps protect the sutures, allows the stomach to heal, and keeps you well hydrated.

Your dietitian will provide detailed instructions on how to advance your diet. During this first phase, your goal is to drink about 64 ounces of fluids per day, taking small sips throughout the day. Acceptable options include clear liquids without pulp or dairy such as 100% juice diluted with water, clear broth, sugar-free Jell-O or popsicles, Crystal Light, electrolyte drinks, and other sugar-free clear beverages.

**Every hour
4-8 ounces.
Every day
64 ounces.**



**Mix 4 ounces of 100%
juice, or a sports drink,
with 4 ounces of water.**

If you're having problems consuming fluids, drink smaller amounts (1 ounce) at a time.

Signs of hypoglycemia.

Let your care team know right away if you experience any of these signs:

- Dizziness or light headedness.
- Confusion.
- Nervousness.
- Shakiness.
- Sweating or feeling clammy.
- Irritability/anxiousness.
- Drowsy.

Signs of dehydration.

Let your care team know right away if you experience any of these signs:

- Dark yellow urine.
- Dizziness.
- Dry mouth and thirst.
- Infrequent urination.
- Light headedness.
- Weakness or low energy level.
- Nausea.

Nutrition to help you heal.

After ESG your stomach won't be able to handle the same foods or eating routines. There are four phases of eating after ESG. You'll discuss each of these phases in detail with your dietitian. We encourage you to use this opportunity to build healthier habits that maximize your weight loss and help you feel your best.

Phase 1: Thin liquids for seven days.



What to do.

- Drink 4-6 ounces every hour for a total of 64 ounces daily.
- Dilute 4 ounces of 100% juice, Powerade or Gatorade with 4 ounces of water every two hours to help prevent low blood sugar.
- Take sips from a spoon or use a 1-ounce medicine cup — don't gulp.
- Track how much you drink.



What not to do.

- Don't drink carbonated, caffeinated or alcoholic beverages.
- Don't drink anything too hot or too cold.
- Don't use straws.
- Don't gulp. Sip from a spoon or use a 1-ounce medicine cup.
- Avoid juices with high acidity, including orange, grapefruit, V-8 and pineapple juice.

Phase 2: Protein shakes for seven days.



What to do.

- Drink slowly. Take 30 minutes to drink a shake.
- Drink four times a day.
- Try different protein shake recipes for flavor options (provided by your dietitian).
- Put unfinished shakes in the fridge to finish at your next meal.
- Drink sugar-free beverages in between your meals/shakes.
- Wait 30 minutes before or after a meal.



What not to do.

- Don't force yourself to finish a shake if you feel full.
- Don't drink 30 minutes before or after a meal.
- Don't eat anything solid during the first four weeks after ESG.
- Don't drink carbonated, caffeinated or alcoholic beverages.
- Don't drink anything too hot or too cold.
- Don't use straws.

Your drink log.

We know it can be tough to get in all 64+ ounces of fluid. But we want you to stay healthy, happy and hydrated — so try sticking to this schedule because it’s important. Your dietitian has also shared important dietary guidelines. Keep those top of mind as your recover.

Keeping track of what you’re drinking is helpful. Make as many copies as you need and check off each square as you reach each goal throughout the day. Late riser? Start drinking as soon as you wake up. That will help you reach your goal of 8 ounces every two hours.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast (7-9 am) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							
Snack (9-11 am) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							
Lunch (11 am-1 pm) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							
Snack (1-3 pm) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							
Snack (3-5 pm) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							
Dinner (5-7 pm) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							
Snack (7-9 pm) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							
Snack (9 pm-bed) 4 oz of 100% juice + 4 oz of water OR 4 oz of Gatorade + 4 oz of water							

You've got questions. We've got answers.

When can I go back to work?

We know you're eager to get back to work. In most cases, your physician will clear you to return to work at your one-week postop appointment. But please keep in mind that your ability to resume pre-procedure levels of activity depends on your physical condition and the nature of the activity. You may be able to return to work on "light duty" with activity restrictions, based on the type of work you do.

Your care team can share more detail and help you create a plan that allows you to return to work safely.

When can I get pregnant?

We recommend that women of childbearing age use the most effective forms of birth control during the first 18 months after weight loss ESG. This allows your body to completely recover from your procedure and gives you time to settle into your new routines. Waiting to become pregnant also gives you and your baby the best chance at a healthy pregnancy.

Please also keep in mind that you should wait one month after ESG to resume oral contraceptives. Be sure to use another reliable form of birth control during this time.

Can I drink with my meals?

Not drinking with your meals is key to long-term success. If you drink while you eat, your food is washed through your stomach more quickly, causing you to eat more, get hungry sooner and snack between meals.

I can't drink as many protein shakes as recommended. What should I do?

Go slowly and take each day as it comes. If you can only drink a small amount at a time, that's okay! Your stomach will eventually be able to handle four protein shakes per day.

I'm having trouble with my vitamins. What should I do?

Your vitamins are crucial. Not getting in the recommended amount could put you at higher risk of developing conditions like osteoporosis, anemia, muscle spasms, high blood pressure and lowered immune functioning. Consider trying a chewable or capsule vitamin. You can also try crushing your vitamins and mixing them into a protein shake or soft meal.

You've got questions. We've got answers.

What if I forgot to take my multivitamins? Should I double my next dose?

No. If you double your multivitamins at the same time, they won't be absorbed well. It's essential that you take your multivitamin and other supplements as directed by your dietitian.

How much weight should I expect to lose, and over what period of time?

It's estimated that patients undergoing ESG will lose 55-60% of their excess weight loss in the first year.

Can I take over-the-counter supplements like chewy Multi-Vites, Centrum Chews or Flinstones?

We prefer you take the vitamins and supplements provided by your doctor or dietitian since over-the-counter formulas are incomplete and won't provide you with the micronutrients your body needs. Many over-the-counter supplements are also made from synthetic ingredients the body doesn't recognize or absorb.

If you have a specific multivitamin or calcium you would like to take, please send a MyChart message to the dietitian with the details of the medication and a photo of the label. We'll review the information to see if it will meet your needs after ESG and let you know.



Scan the QR code to join our free **WEBINAR on ENDOSLEEVE**



Scan the QR code to join our **Facebook Support Group!**



Scan the QR code to sign up for a tour at Giant with one of the dietitians. Learn about the latest trends, label reading and shopping strategies!

Phone: 443-481-1000

Web: LuminisHealth.org

