

Nutrition Care with Elipse

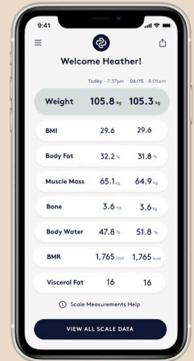


The Elipse™ Programme

Your healthy eating guide

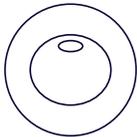


The advice in this brochure constitutes general guidelines based on best practices.
For specific questions and guidance, please consult your healthcare professional and your nutritionist.
The brand names mentioned in this brochure belong to their specific companies and are used only as examples.
Patients may use other brands as guided by their healthcare professional or nutritionist.



Introduction

Welcome to the Eclipse Programme – a 6-month treatment package in 3 phases, designed to support you in making lifestyle changes to achieve weight loss and healthier habits.



This programme incorporates the Eclipse balloon – a tool designed to give you a ‘Honeymoon from Hunger’, allowing you the space to create new structures and routines in your eating habits and lifestyle.



Along with this tool, your clinic team will help you to identify which elements of your lifestyle you’d like to change, and they’ll support you in implementing those changes.



They will work with you on new coping strategies needed to maintain your new, healthier lifestyle after the balloon has passed.



This programme of care and support alongside the Eclipse Balloon is key to achieving your long-term goals.

Allurion's Ten Tips for Success



1. Don't do it alone... Find your support team

Success in changing habits and behaviours is a team effort – from engaging well with your clinic's coaching and support team through to enlisting support, and to sharing your achievements with your friends and family. Although sometimes even our nearest and dearest can sabotage our diet and lifestyle goals without even realising it, they can also be our most reliable support network. They will help you to reach your goals if you talk to them and involve them in your journey.

You can also ask your clinic for an Eclipse Buddy – someone else who is having an Eclipse balloon at a similar time, so that the two of you can support each other and swap tips and advice along the way.

2. Be clear with your goals

Mapping out exactly what you want to achieve and why helps you to stay focused. It might be getting into a favourite dress, reducing the pain in your knees or reducing need for medications to manage conditions like type 2 diabetes.

Whatever it is, share it with your team and hatch a plan for how to get there. The more detailed and specific your action plan, the more likely it is you will do it and stick with it.

For most people, reaching a goal is addictive as it provides you with an immense sense of achievement.

3. Set both short-term and longer-term goals

For example, a short-term goal might be to swap your mid-afternoon snack for a piece of fruit each day this week, whereas your longer-term goal might be to lose 12 kilos or 26 pounds over the next 4 months. This means that when you achieve your goal, you can then set further targets, helping you to make constant progress.

Think of your goals as your destination, it's where you want to be within a set timeframe.



4. Change your habits

A critical goal of the 16-week placement period is to form new habits. Habit forming occurs when you repeat an action consistently over time. This helps something to become automatic or second nature, meaning it doesn't feel hard to continue it over time.

The simpler an action is, the more likely it will become a habit. Examples include always having a chopped apple on top of cereal or always ordering an additional side salad when eating out, so you can fill up on this and eat less of the other options.

5. Eat healthier food

You may need to change some of your daily habits. You may also need to change some things in your environment like in your home or your place of work, your snacking, cooking methods or your exercise routine.

You don't need to make huge changes to eat healthier. And you don't have to change all your habits at the same time. It's best to set small goals and change your habits a little bit at a time. Over time, small changes will make a big difference to your health and will help you maintain your weight loss.

6. Plan ahead

Planning ahead is a key part of staying on track. You can choose whether to do this each day or each week. Plan what meals you will have, what snacks, and the timings and amounts. This will allow you to prepare some meals in advance to make things easier.

Make sure you have the foods or ingredients at home that you'll need, making you less vulnerable to poorer choices if and when you get hungry.

7. Track your progress

Keep track of your food choices, activity levels, weight and body fat on a frequent basis. This will help you to see your changes over time and understand if and where things feel harder so you can solve any problems with your team.

There are also several tools to help you track your progress, including the Allurion connected scale to measure your weight and body fat, communication apps to stay in touch with your team, and even a good old-fashioned diary for those who prefer pen and paper.

8. Track your emotions

This is important and can help you identify reasons other than hunger that lead to eating. This might be boredom, sadness or stress. Understanding your triggers can help you put plans in place for managing these emotions in a healthier way.

Make a list of distraction techniques for when boredom strikes and also soothing activities that you can do when you feel a craving coming on.

9. Don't forget to reward yourself and celebrate

We all need treats and rewards, or else we end up feeling deprived and neglected, which makes us want to give up. Many of us use food and drink for these rewards, which can slow down our weight-loss progress.

Make a list of non-food rewards you can use for each victory and milestone reached. This can be as simple as a magazine you love or something more special like a holiday.

10. Keep it simple

The simpler the plan, the higher the likelihood of success. Nothing is written in stone. Individualise and simplify what works best for you.

Phase 1

(the month before placement through to the day of placement)



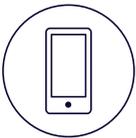
Getting ready for your balloon



1. The weeks before your balloon placement are a great time to start making changes to the way you eat to ensure you are ready to work with the balloon.

This includes starting to eat more mindfully:

- Plan ahead with set times for eating as well as planned meal and snack choices.
- Try eating sitting down and focused on your food.
- Eat at a slow pace and chew well.
- Separate your eating and drinking with just small sips before and after the meal.
- Stop as soon as you start to feel full.



2. If you have a smart phone, download the Allurion app onto your phone. This will synchronise with the weight scales that you'll be given at the clinic to keep track of your progress.



3. Under the guidance of your doctor, start taking your anti-acid medications 2 weeks before placement and take anti-sickness medicine as prescribed by your clinic (usually the night before and morning of placement). Your clinic will provide you with these.



4. Make sure you are well hydrated in the 24-48 hours before your balloon placement by increasing your overall fluid intake, aiming to drink at least 2 litres or 4 pints of fluid spread out through the day.



5. For around 10 to 12 hours before your balloon placement, you will be required to limit your intake to only clear liquids. You will be asked to stop liquids 2 hours before the placement.

Day of your placement



It is important that you don't eat anything during the morning of your placement, but you can continue to drink still water. Also, tea with one or two teaspoons of honey is fine. Stay well hydrated until around 2 hours before placement. Avoid wearing a necklace or using lipsticks or lip balm on the day of placement as necklaces may affect imaging and lipstick can stick to the capsule.



You will swallow your balloon capsule, attached to a thin tube, with a glass of water. Your doctor will use an X-ray to check its positioning before filling it with water. Even if you are unable to swallow, the doctor can use a thin wire inside the tube to assist you. As a result, nearly all patients are able to swallow the capsule.



Once the balloon is in place and filled with water, your doctor will use an X-ray to confirm positioning. Then you should take your first weight on the connected scale and share it with your dietitian by email using the share feature of the app.

Phase 2

(the first week through to the third month)



During the first week, you will gradually increase textures following the 4 stages below:

Stage 1 – Clear fluids only (day 1)

- Stick to clear fluids for the first 24 hours whilst your nausea is at its highest point. You may also feel some stomach cramping. Water (non-carbonated), squash, hot broth/consommé, herbal and decaf tea, flat isotonic sports drinks, and coconut water are all good choices.
- Avoid milk and caffeine on the first day.
- Start small and build up. Make sure you take small sips every few minutes, even if you can only take a tablespoon at a time. It's important to keep sipping and build up.
- If you are vomiting, try using rehydration solutions such as Dioralyte and/or isotonic sports drinks as these can help top up your electrolytes and blood glucose as well as help your hydration.
- Try fluids at room temperature or slightly warm if you are experiencing stomach cramps.
- Slowly, if possible, build up to 2 litres a day over the course of the first week, especially if the weather is warm or you live in a region with a warmer climate. This may sometimes take longer than a week.

Stage 2 – Smooth purée diet (day 2-3)

After the first day, if the nausea and vomiting have subsided, you can slowly start to include thicker fluids such as shakes, soups and yoghurts. Keep it fairly smooth and liquid initially and, if tolerated, gradually build up. If the change in texture causes your symptoms to get worse, switch back to clear fluids for 24 hours to allow it to settle and then try again.

Sample meal plan:

Breakfast	125 ml (1/2 cup) milk or Kefir or protein shake
Mid-morning	125 ml (1/2 cup) plain yoghurt / high protein yoghurt (non-fat Greek yoghurt)
Lunch	2 tbsp blended chicken / meat / fish or 2 tbsp vegetable purée or blended high-protein soup
Mid-afternoon	1/2 cup homogenised fruit or high protein yoghurt / protein shake
Evening meal	2 tbsp blended fish / chicken / meat + 2 tbsp mashed potato or blended lentil soup Eat dinner at 7 pm and avoid too many liquids afterwards

Good protein shakes should contain around 15 to 20 g of protein with a maximum of 200 calories and 10 g of sugars. You can also get an unflavoured protein powder to add to your home-made soups or fluids.

Other suggestions:

- Fat-free dairy (milk, yoghurt), without chunks of fruits
- Sugar-free gelatin/jelly and custard or mouhallabieh (low-fat milk)
- Herbal, green tea, chamomile, anise without sugar (you can add fat-free milk)
- Low-fat labneh or low-fat spreadable cheese or cottage cheese
- Soups (mixed in the blender). You can add any vegetable, potato, meat, chicken, lentils...
- Optifast shakes (vanilla, chocolate or strawberry)
- Oatmeal cooked with skimmed milk

Stage 3 – Soft diet (day 3-5)

If you tolerate the thick liquids and purée, you can start to try soft foods. Remember to keep portion sizes very small and to take small mouthfuls, taking your time chewing each mouthful. Again, if you find that nausea and vomiting get worse with soft foods, revert to liquids for 24 hours before trying again.

Guidelines:

- A soft diet is made up of foods that are soft and easy to chew and swallow. These foods may be chopped, ground, mashed, puréed and moist.
- Use measuring cups to help monitor your portion sizes.
- Chew food thoroughly, eat very slowly, and stop eating or drinking at the first sign of fullness.

Sample meal plan:

Breakfast	125 ml (1/2 cup) low-fat milk + 15 g low-sugar cereal / porridge / 2 rusks or 2 dry biscuits
Mid-morning	Fruit purée or natural yoghurt – 125 ml (1/2 cup) or protein shake
Lunch	Scrambled eggs (x1-2) + 2 tbsp vegetable purée or 1 cup chunky chicken soup or soft steamed white fish or 1 cup beans or lentils / dhal
Mid-afternoon	125 ml (1/2 cup) plain yoghurt and handful of berries
Evening meal	2 tbsp low-fat cheese + 2 tbsp mashed potato or bolognese and spiralised courgettes or mild curried meat and vegetables.

Other considerations:

- Total quantity of oil in a day should not exceed 20 grams.
- At this stage diets may vary from region to region and your nutritionist will guide you during this phase.

Stage 4 – Back to a solid diet (day 5-7)

Most people are back on usual solid meals after 5-7 days, however this may sometimes take up to 2 weeks. If you just get abdominal cramping without nausea or vomiting, you may benefit from getting back to a solid or semi-solid diet a little earlier as often these are hunger pangs that can be settled by having more solids.

Once back on solids, try to get into a rhythm of 3 meals a day and allow your body and balloon to determine whether any additional planned snacks are needed. However, it is generally advisable to add small healthy snacks to maintain a steady glucose level. Getting into a stable routine is key to keeping these changes long term. Make sure you work with your coaching team to help you find the right routine for you.

Other considerations:

- It may help to avoid leafy vegetables for the first month.
- Maintain adequate hydration.



Managing Symptoms



Nausea, abdominal pain and vomiting

It is usual to suffer from nausea, abdominal pain and, in some instances, vomiting in the first few days following balloon placement. This occurs because your stomach is not used to having the balloon in place. You will be discharged with medications to help settle these symptoms.

- To help with nausea, try to move around, even if you do not feel like it, as it will help with the transit of food from the stomach into the gut. It is also important to ensure that meal portion sizes are small.
- Take your time when eating and chew your food well, or eat soft, minced or mashed foods.
- Remember to drink throughout the day but avoid drinking with meals.
- If you are struggling to keep fluids down after the first seven days, please contact your care team.

If increasing textures worsens symptoms, returning to liquids for 24 hours generally settles this down. If your symptoms return in later weeks or even months, return to liquids for 24 hours and contact your care team as they may need to investigate why your symptoms have returned. Always contact your doctor if something happens outside of the ordinary symptoms.

Abdominal cramps only

If you are only having abdominal cramping without nausea or vomiting, you may benefit by progressing on to solid or semi-solid foods a little earlier as often these are hunger pangs that can be settled by having more solids.

Constipation

When you eat less, it is common to have more issues with constipation. Make sure you stay well hydrated and include some fibre-rich foods in your diet: fibre is found in fruits, vegetables, beans, pulses and wholegrains. It is normal to experience some constipation during the first week. This often settles down once you get back to solid foods, increase fluids and by gradually increasing your physical activity levels. Some people find a heaped spoon of ground flax or linseeds stirred into a glass of water each day a helpful tool for managing constipation. However, keep in mind that this also increases caloric intake, so use only as needed. If you need to take laxatives, talk to your care team about which ones would be best for you.

Reflux or heartburn

Reflux or heartburn can be an issue during balloon residence. Continue taking your anti-acid medication for the entire 4 months and also make sure you don't eat too much at any one time. Eating too late at night or having highly carbonated or caffeinated drinks can also increase reflux. It also helps to limit or avoid common reflux triggers such as chocolate, peppermint, alcohol and very acidic foods. If reflux or heartburn continues, talk to your care team about increasing your anti-acid medication for a short time.

Dehydration

Dehydration during balloon residence can be due to poor fluid intake and/or vomiting.

- Prioritise drinking enough fluid to maintain your hydration and fluid balance. Goal 1.5 to 2 litres a day.
- Watch your urine colour: if dark yellow or orange, you may be dehydrated.
- In the morning your urine should be a light straw colour and become clearer throughout the day.
- Inability to pass urine within 6 hours should be a red flag that your fluid intake may be compromised. It is a good idea to maintain your fluid intake in a planned fashion: for example, 500 ml-700 ml in the morning, in the afternoon, and in the evening.
- There is no reasonable upper limit to the amount of fluid you can drink. Try to avoid ice-cold beverages, as they may induce nausea and cramps.

Are you sure you are drinking enough?

8 signs of mild-to-moderate dehydration

Tiredness and sleepiness	Headache	Few or no tears when crying	Dry and sticky mouth
			
Thirst	Dizziness or lightheadedness	Decreased urine output	Muscle weakness
			

Tips to prevent dehydration



Don't wait until you are thirsty to drink



Sip water throughout the day



Meeting your Protein Needs



A high protein intake during weight loss can help in preserving our lean body mass – that is our muscle and bones, which supports our metabolism and health.



Your care team will help you determine the right level of protein intake for you, which will be between 1 and 1.5 g per kg of ideal body weight, depending on your health background, current lifestyle and exercise levels.



Months 1-3



Important tips for eating well and staying well with your Elipse Balloon

Eat at a slow pace and chew each mouthful well.
Take a break between each mouthful so you can assess for any tightness in your chest (which indicates you are getting full).

Don't drink with meals.
Sip fluids before and after.

Move to 3 balanced meals per day with 2 small snacks.

Consider taking an A-Z multivitamin and mineral supplement during the Elipse programme to guard against nutritional deficiencies, especially if and where your diet is restricted.

Stop eating as soon as you start to notice any acid reflux (heartburn), wind, bloating or belching. Do not smoke before eating.

Avoid drinks with gas, strongly caffeinated drinks or those high in calories – including alcohol in excess.

Do not have supper too late in the evening. Avoid lying down shortly after eating and wait at least two to three hours before going to bed.

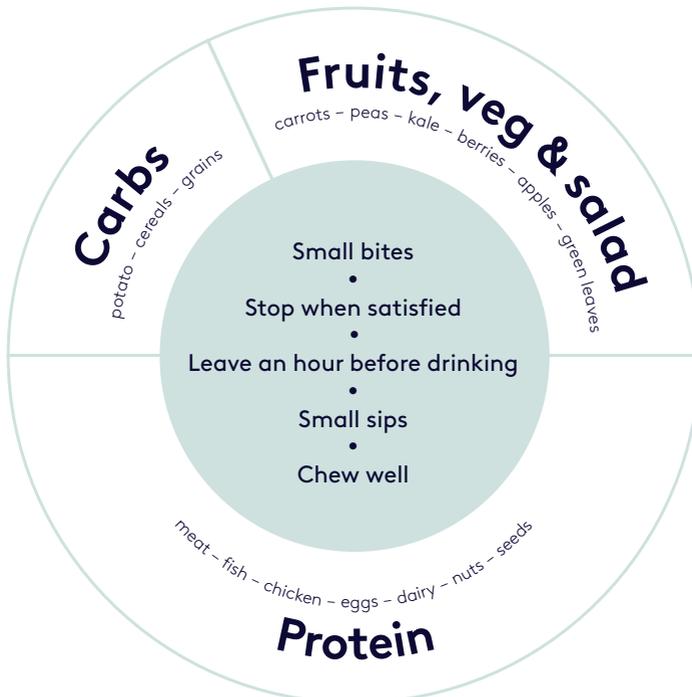
Some discomfort may occur when trying to sleep or lying on your side – this is to be expected and can be eased by propping yourself up with pillows.

Sleeping on the left side is preferable and reduces balloon symptoms at night.

Make sure you work towards being active at least 30 minutes a day. Talk to your coach to find a type of activity that works for you and your lifestyle.

Send your weight update to your coaching team at least once per week and make sure you have regular follow-up and support throughout your journey. This is included in your package and is essential to your success.

Switch to a small plate to assist with portion control. A healthy portion plate can help (see below).



Phase 3

(month 4 and beyond)



Maintaining weight loss and optimising outcomes in the 4th month

Some people start to notice they adapt to the balloon's presence after the first 2-3 months and the balloon effects are not so noticeable. Like any weight-loss journey, weight loss with Elipse can also start to plateau after the initial months.



If your weight loss has stalled, there may be combination therapies you could consider. These include medications, fibre supplements or a more structured diet (such as very low-calorie ketogenic diet or intermittent fasting) and exercise regimens. Discuss the options appropriate for you with your coaching team.

Passage of the balloon



The balloon deflates and passes through your system at approximately 16 weeks (4 months). However, the time of passage can vary between 3 months to beyond 5 months. You may experience some stomach cramps and diarrhoea when this happens. Switching back to a soft diet for a week from week 15 may help to reduce these side effects.

Most patients may not see the empty balloon pass. A very small percentage of patients may vomit the empty balloon at the end of its residence. Although this can be startling to you, no adverse events have been reported as being associated with this method of expelling the balloon. If this occurs, it does not need any further intervention or monitoring afterwards.

Transitioning with confidence to life without your balloon



It is normal to feel anxious or nervous about continuing your success once the balloon has passed. Talk to your coach and make sure you have a plan to stick to for the next few weeks until you feel more confident.

The key is simply continuing the structure and routine that you have perfected over the past few months in order to maintain your new habits and weight. This means continuing with the same food choices, meal volumes and eating frequency as well as your new exercise routine. This will place you in the best position to continue your success and sustain your weight loss. Your coaching team will be by your side to guide you through this transition.



This material is not intended for a U.S. audience. This material describes our product, which has not been approved or cleared for marketing by the U.S. Food and Drug Administration. Our product is not available for sale in the United States.

The Elipse Balloon is a temporary weight loss aid for adults over the age of 18 who are overweight and obese defined as a body mass index (BMI) > 27.

The Elipse Balloon can only be administered by a healthcare professional who is knowledgeable about the use of this balloon. The Elipse Balloon must be used in conjunction with a supervised nutrition and behaviour modification programme. Some individuals may not be eligible to receive the Elipse Balloon and the balloon is not approved for use in all countries. Your doctor will take a detailed medical history and perform a physical examination to determine your eligibility. It is important to provide your doctor with a complete and accurate medical history.

In rare cases, the Elipse Balloon may require endoscopy or other surgical intervention for removal. This is not a complete listing of potential complications; for Important Safety Information, go to www.allurion.com/risk/information/. For more information please ask your doctor. He or she can provide you with additional materials about the product, procedure and programme.

You can learn more at www.allurion.com