

IMPACT OF PREGNANCY ON WEIGHT LOSS AFTER ENDOSCOPIC SLEEVE GASTROPLASTY

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A retrospective analysis of 150 childbearing-age women who underwent endoscopic sleeve gastroplasty found that 11 became pregnant after the procedure, with adequate pre-pregnancy weight loss achieved and no adverse impact on post-delivery weight outcomes compared to non-pregnant controls.

KEY POINTS

- Among 150 childbearing-age women undergoing ESG between January 2018 and December 2021 at an Italian tertiary center, 11 became pregnant at a mean interval of 5.5 ± 3.9 months after the procedure
- All patients who became pregnant achieved at least 5% total body weight loss before conception, with 73% reaching 10% or greater loss; mean preconception BMI was 31.9 ± 4.0 kg/m² representing a reduction of 7.24 ± 4.0 kg/m²
- Among 18 women reporting unsuccessful pregnancy attempts in the 12 months before ESG, 16.6% (3/18) successfully conceived and carried a pregnancy to term
- No significant differences in weight loss, BMI, or quality of life measures were found between the pregnancy group and 99 non-pregnant childbearing-age women up to 24 months after ESG
- The authors conclude that pregnancy after ESG does not adversely affect weight loss outcomes and that lifestyle changes appear maintained after delivery

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