

ENDOSCOPIC BAND LIGATION FOR WEIGHT LOSS: CLINICAL TRIAL

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UEG Week Copenhagen 2023

Poster

Oesophagus

October 15, 2023

A small case series of 13 female patients with obesity underwent endoscopic band ligation in the gastric body, achieving mean 7.9% total weight loss at one month with manageable early adverse events.

KEY POINTS

- Endoscopic band ligation was performed in 13 female patients with mean BMI 40.4 and mean excess weight 40.1 kg, using 20–30 bands placed in five parallel rows in the gastric body over 20–30 minutes
- No immediate complications occurred during the procedure and patients were discharged within 2–3 hours
- Most patients experienced nausea, vomiting, and epigastric pain in the first three days, one had mild hematemesis, and all complications were managed with medications including pantoprazole, antiemetics, and antispasmodics
- At one-month follow-up endoscopy, healed ulcer scars with marginal luminal narrowing were observed, and patients achieved mean 22.3% excess weight loss and 7.9% total weight loss
- The authors conclude this is a new procedure that may help manage obesity and was safe and cost-effective in this series, but state more studies are needed

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