

THE EFFICACY AND SAFETY OF FLUID FILLED INTRAGASTRIC BALLOON FOR WEIGHT LOSS

MICHAEL VITALE, MD, FACS, FICS

Digeclinic, Surgical Endoscopy Center, Guatemala City, Guatemala

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Introduction

Intragastric balloon (IGB) is a space occupying device which leads to weight loss reducing gastric capacity and inducing satiety. Adjustable and nonadjustable fluid filled intragastric balloons are an option for weight reduction as a primary treatment or as a bridge to bariatric surgery.

Objective

The aim of this study was to evaluate the safety and efficacy of fluid filled intragastric balloons for weight reduction in overweight and obese patients at the outpatient endoscopy center.

Methods

This is a retrospective monocentric study involving all patients who opted for fluid filled intragastric balloon placement. IGB implantations performed by a single surgical endoscopist with patients under general anesthesia. All IGB implants and explants were outpatient care. Patients were followed up for 6 and 12 months after intragastric balloon implantation.

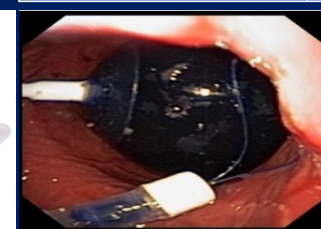
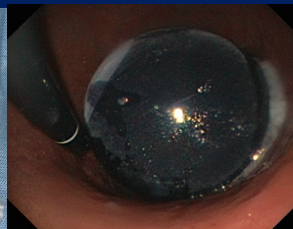
Results

90 patients were included in this study, with 69 women and 21 men. The mean age was 34.3 years [16 to 56]. 60% were fluid filled adjustable balloons. Body mass index (BMI) at implant was 31.9 kg/m²; body mass index decreased to 28.9 kg/m² at explant. Body mass index loss is 3 kg/m². The mean percentage of total body weight loss (TBWL) was 17.10% + 8.30% and the mean percentage of excess weight loss (EWL) was 81.10% + 60.05%. For EWL calculation purposes, the ideal weight was considered the one corresponding to a BMI of 25 kg/m².

Men	21 (23.3%)
Women	69 (76.7%)
Total	90 (100%)

Adjustable Balloon	54 (60%)
Nonadjustable Balloon	36 (40%)
Total	90 (100%)

BMI	3 kg/m² loss
TBWL	17.10%
EWL	81.10%



The early removal rate due to intolerance was 4.4% (4/90). Upward fill volume adjustment of IGB due to weight loss plateau was 7.4% (4/54). No serious adverse events were reported.

Conclusions

Intragastric fluid filled balloon shows good tolerance. Intragastric balloon is safe and effective for weight loss comparable to published literature.