



Allurion
PROGRAM

Start your
Allurion journey today



A Comprehensive Approach to Weight Loss

So much more than just a Smart Capsule

The Allurion Program combines:

- ▶ A state-of-the-art Smart Capsule containing a gastric balloon, delivered in a brief, 15-minute doctor visit
- ▶ A multi-disciplinary team of healthcare professionals to guide you through your personalized nutrition and exercise plan.

A new approach that helps you lose weight



At the center of the Allurion Program is a revolutionary gastric balloon that creates a feeling of fullness.



The Allurion Program gives you the chance to make healthier food choices, while avoiding the cravings that often come with dieting.



The Smart Capsule is swallowed during a 15-minute consultation with your doctor and passes naturally in approximately 4 months.



After a minimum of a 2-month gap, a second Smart Capsule can be placed in the same manner, which also passes naturally in approximately 4 months.

**The only gastric balloon with no need for surgery,
endoscopy*, or anesthesia.**

*In rare cases, the Allurion Balloon may be vomited at end of residence or require endoscopic or surgical intervention for removal.

The Allurion Program

Safe and convenient

The balloon is placed in your stomach during a brief 15-minute consultation with your doctor



Swallow

You swallow a capsule that contains the balloon attached to a thin tube. You will have an X-ray to make sure the capsule is in the stomach prior to filling.



Fill

Your doctor will then use the tube to fill the balloon with water, then confirm it is full with another X-Ray. The placement is then complete.



Disappear

Approximately 4 months later, the Allurion Balloon self-empties and passes naturally.



Support throughout your journey

With the Allurion Program, you are never alone. Receive ongoing support from your doctor and nutritionist.



FAQs



How does the balloon get into my stomach?

The balloon, tucked inside a capsule, is swallowed and filled with water during a brief 15-minute doctor's visit. Approximately 4 months later, it self-empties and passes out naturally.*

How does the Allurion Balloon work?

The Allurion Balloon takes up space in your stomach, reducing your appetite and helping you to feel full faster and for longer.

Is the balloon easy to swallow?

If you have trouble, your doctor will be on hand to help the capsule on its way.

What are the possible side effects after balloon placement?

Everyone is different – some people feel little or no discomfort, while others experience symptoms such as nausea, fatigue, abdominal cramping, and vomiting.

These temporary symptoms can usually be treated with commonly used medications prescribed by your doctor.

*In rare cases, the Allurion Balloon may be vomited at end of residence or require endoscopic or surgical intervention for removal.

FAQs

What is the balloon filled with?

The balloon is filled with 550ml of water.

Will I have any dietary restrictions during or after the program?

There are some specific dietary recommendations before placement and during the first week as you adapt to the balloon.

Your nutritionist will be there every step of your journey, providing support and guidance. They will create personalized eating plans tailored to your specific needs and progress. You will also gain valuable knowledge about food and nutrition that will set you up for long-term success.



FAQs



How long does it take to return to normal activities after placement?

Most people can return to normal activity within a day or two. Depending on your job role (for example, if you operate heavy machinery), it can be a good idea to book a few days off work just in case, or ask to have your balloon placed on a Friday so that you have the weekend off afterwards.

Can I exercise with the balloon and will I feel it?

Some patients feel the balloon at the beginning, but most become accustomed quickly and even forget it is there.

How is the balloon removed?

After approximately 4 months, a time-activated release valve automatically opens, allowing the balloon to empty and pass out naturally through the gastrointestinal tract*. This occurs with each of the two consecutive balloons.

What happens then?

Your healthcare team will help you take small but important steps towards maintaining your weight loss well after your balloon has passed.

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Making a decision

We know that making the decision to commit to a weight-loss program can often be challenging. You want to choose the right treatment and feel confident you can transform your life.

These 3 helpful tools can support you as you explore your reasons for change and decide on a course.

01.

Explore your pros and cons

There are often many pros and cons to lifestyle change, and it's normal to have mixed feelings.

By exploring your thoughts on paper and discussing them with your clinic team, you can make the path forward clearer.



Pros of your current lifestyle	Cons of your current lifestyle

02.

Having confidence in your ability to make changes

No matter how much you want to do something, if you don't believe it's possible, you'll be stuck. We know that weight loss is not easy, and that most people have tried to lose weight at least 8 times* before – that's likely to have knocked your confidence.

*Quinn DM, Puhl RM, Reinka MA. Trying again (and again): Weight cycling and depressive symptoms in U.S. adults. *PLoS One*. 2020;15(9):e0239004.



Did you know?

The more confident you feel in your ability to accomplish something (also called self-efficacy), the more likely you'll be to take the first step.

There are a range of clever ways you can build your self-efficacy. One clever hack is reflecting on your strengths.

When you're considering getting started on a weight loss journey, identifying your unique strengths and achievements has been proven to be a powerful way to boost your confidence and help set you on the path to success.



Here's how:

- ▶ Find a quiet space to relax and reflect.
- ▶ List as many of your positive traits or strengths as you can. Think about times you have displayed these traits and how they have helped you.
- ▶ Ask close friends or family for inspiration.
- ▶ Once you have your list, think about how each one might help you on your lifestyle change journey.

Determined, organized, kind,
open-minded, practical...

03.

Recognize what you'll gain from your commitment

When aiming for a goal, we often place too much importance on motivation.

Consequently, when things become challenging, our mind urges us to give up.

A more effective way to keep focused on your goals is to think about your deep reasons for weight loss.

Ask yourself: What do I want to gain from my weight-loss journey?

The more specific you are, the better.

Perhaps you want to raise your energy levels, wear the clothes you always wanted or set an example for your children.

This will not only help get started, but keep you committed during your journey.



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Learn, create, and adopt healthy nutrition and exercise habits designed to last a lifetime — with ongoing support and motivation every step of the way.



The Allurion Gastric Balloon System (AGBS) is indicated to promote short-term limited weight loss in adult individuals with obesity between the ages of 22 years and 65 years with a body mass index (BMI) ≥ 30 kg/m² and ≤ 40 kg/m² who have had at least one unsuccessful attempt at a weight loss program. The residence time for each AGBS is variable with an average observed residence time of 15.3 weeks. The AGBS is to be used in conjunction with a moderate intensity lifestyle modification therapy program. The AGBS consists of up to two Allurion Balloons placed during a 10-month period.



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