



Allurion

PROGRAM

Welcome to Your Allurion Program

Your guide to getting started



Congratulations...

on taking the first step towards controlling your weight and embracing a healthier lifestyle.

This booklet will guide you through **preparing** for Smart Capsule Placement, **adapting** to life on the Program and **transitioning** to life at a healthier weight.

Contents

01 - Getting ready for the Allurion Program

02 - Managing symptoms

03 - Your action plan

Your Allurion Program will help you to achieve your goals and is backed by expert advice and digital monitoring tools



The Allurion Balloon - swallowed in a Smart Capsule and takes up space in your stomach, reducing your appetite and helping you feel full faster and for longer.



The Allurion Clinic Team - a multi-disciplinary team of healthcare professionals will guide you from balloon placement to nutrition and lifestyle advice for long-term weight loss.



The Allurion Connected Scale and App - monitor your progress and stay in touch with your healthcare team to receive ongoing support and motivation.





01

Getting ready for your Allurion Program



The weeks before your Allurion Balloon placement are a great time to lay the foundations for your new eating routines and healthy lifestyle.



Review your kitchen cupboards and fridge - are they set up for success?

- ▶ Stock up on protein-rich yogurts, drinks and jello ready for the first few days after placement.
- ▶ You may want to cook and freeze some individual portions of broth ready for placement week.

Get into the habit of planning meals and snacks

- ▶ During the first couple of weeks of your Program you will need to eat little and often, so it's a good idea to plan what you're going to eat in advance.

Practice mindful eating

- ▶ Sit down to eat (preferably at a table) and switch off any distractions.
- ▶ Focus on your food - see more on page 25.

Download the Allurion App onto your smartphone or tablet. This will sync to the Allurion Connected Scale that you'll be given on placement day to monitor and support your progress. Your clinic team will help you get set up.



Before placement day, start taking the antacid medications prescribed by your doctor.

Make sure you are well-hydrated, especially in the 24-48 hours before placement day. Your clinic team will be able to tell you your individual fluid needs.

Take the anti-sickness medication prescribed by your doctor.

For the 8 hours immediately before your placement appointment, stop eating and drink only clear liquids.

Do not drink anything within the 2 hours before your appointment.



"I love welcoming new people into our clinic. Our whole team works together to get to know them and support them to make changes to their life that will stick for the long term."

As placement day approaches, you may be feeling excited, nervous or a combination of both. **Your clinic team is here to support you every step of the way**, starting with this useful information for directly before, during and after your appointment.

Before placement

- ▶ Take the medication prescribed for you by your doctor.
- ▶ Drink plenty of fluids.
- ▶ Have a light dinner (as long as this is at least 8 hours before your appointment).
- ▶ Ensure that your pantry is stocked to support your post-placement food choices. Ask your nutritionist for advice on what to prepare.
- ▶ Plan your travel to your clinic. With no sedation involved, you can even drive yourself there.
- ▶ Arrange for a friend or family member to check on you after placement.



On the day

- ▶ A member of the clinic team will weigh you and help you set up your Allurion App and Connected Scale. Congratulations, your journey has started!
- ▶ Take the medication prescribed for you by your doctor.
- ▶ Drink clear liquids only (like water or herbal tea), up to two hours before your appointment. Stop drinking two hours before your appointment, this is simply to make you more comfortable during placement.
- ▶ Don't wear lipstick, lip balm or a necklace as they could interfere with the placement process.
- ▶ Arrive at your clinic 15 minutes before your appointment time and check in with reception.
- ▶ Review and sign your consent form.
- ▶ Under the supervision of your doctor, you'll swallow the Allurion Smart Capsule attached to a soft catheter, which will be used to fill the balloon with fluid. You will hold the tube in place, or dressing tape can be applied to the tube and affixed to the face to hold it in place.
- ▶ You'll have an x-ray to check that the balloon is in the right place.
- ▶ The balloon will be filled with fluid and a second x-ray will confirm it's full and safely in your stomach.
- ▶ Your doctor will gently pull the catheter out of your mouth and ensure that you are comfortable.





After placement

- ▶ When everything goes smoothly with the placement of the balloon, you will be able to leave straight away and go about your day.
- ▶ You may feel nauseous and fatigued over the next couple of days. This is completely normal and your nutritionist and doctor can help you manage any symptoms you experience.
- ▶ Ensure that you take the medication prescribed for you by your doctor.
- ▶ For the first few days after placement you will need to re-introduce food carefully. Your nutritionist will support you every step of the way and customize your progression to suit you.
- ▶ Drink plenty of fluids. Talk to your nutritionist about your fluid needs and how much you are able to manage in these first few days after placement.
- ▶ Feel free to gently walk after placement if you feel well and are hydrated.
- ▶ Do not start physical activity (e.g. sports activities) for at least one week after placement, when any symptoms you may have had are gone.
- ▶ Do not take a flight or travel long distances for 7-10 days post-placement.

If you have any questions or concerns, you can contact your clinic team at any time. They're here to support you as you adapt to life with the Balloon. Aware that everyone's journey is different, the team has the expertise to encourage you, coach you in creating new healthier habits, advise on healthy eating and activity, and celebrate your weight loss results.

Healthy habits start here

Every established habit starts as a single action. Repeated over time, they become second nature - start making small changes to your lifestyle to improve your health and wellbeing.



01 **Get support – you don't need to go it alone!**

Research proves that practical and emotional support is crucial for weight-loss success. Let your family and friends know how they can help and surround yourself with people who understand your journey.

02 **Create action plans to reach your goals**

Trust us, the more effective goals you set, the more likely that you'll achieve them. Don't just set goals on where you want to get to (getting into a favorite outfit by next month), but goals about how you're going to get there (this week I'm going to go for a walk 4 times straight after work).

03 **Use the science of habit formation**

Habit formation science shows that replacing old habits with new positive ones is the most effective approach.

04 **Sort your surroundings to make healthier choices the easiest**

If the nutrient-rich, healthier choices are in your vision and easy to grab (with the less healthy choices tucked away in the cupboard where you can't see them) – it's human nature that you'll be more likely to reach for them. Set yourself up for success and think about changes you can make to your home, workspace, even your car!

05 **Plan ahead**

Planning ahead makes staying on track easier (and more likely). It reduces the need for making decisions in the moment and helps make sure that you are ready to face any barriers or challenges that might be on the horizon. Do what works for you – plan, shop and meal prep for the week, plan ahead for tomorrow or simply your next meal.

06 **Recognize and manage external triggers**

We eat for all sorts of reasons, not just because we might be physically hungry or had planned to eat. External triggers to eat include emotions, sights and smells of food. If they occur frequently for you, they might affect your weight-loss success. Build a plan to tackle the most frequent triggers for you.

07 **Celebrate successes - big and small!**

Plan how you want to reward and reinforce the amazing changes you are making. Make a list of rewards for each victory.

Weigh in regularly

Get into the habit of weighing yourself regularly on your Allurion Connected Scale, at the same time of day in the same attire. Ask your nutritionist how frequently to weigh in.



Be mindful that weight fluctuates throughout the day and a weight-loss journey is often not linear. Look at your weight trends over time and remember that your weight is just one measure of your success in changing your lifestyle and getting healthier.

Check in with your Allurion App regularly to get helpful content, messages from your clinic team and feedback on your weight, activity and sleep progress.



Adapting to life on your Allurion Program

During the first few weeks after placement of the Balloon, you'll gradually progress from having clear liquids to having a normal diet of solid foods.

Clear fluids

You may feel nauseous, have stomach cramps or even vomit in your first few days after placement. These are all perfectly normal symptoms which should pass in a couple of days.¹



Your first day post-placement is when any nausea is usually at its highest, sticking to liquids helps to calm this symptom.

- ▶ Stick to clear fluids for at least the first 24 hours (48 recommended). Still water, weak squash, hot broth/consommé, herbal and decaffeinated tea, flat isotonic sports drinks and coconut water are all great choices.
- ▶ Start with small sips every few minutes and build up slowly. Even if you can only manage around a tablespoon at a time (and that's quite normal for some people), it's important to keep sipping to avoid becoming dehydrated.
- ▶ Rehydration solutions or flat isotonic sports drinks are helpful if you are vomiting as they can help top up your electrolytes and blood glucose, as well as helping you to hydrate.
- ▶ If you have stomach cramps, having your fluids slightly warm or at room temperature may help.
- ▶ Over the course of the first week or so, the aim is to build up slowly to having at least 2 liters of fluid a day (ask your nutritionist to tell you exactly what your fluid needs are).

We recommend that you avoid caffeine and alcohol during your Program, as they can both irritate your stomach.

It is also helpful to avoid carbonated beverages, like fizzy drinks and water, as they can fill the stomach up with gas and make you feel uncomfortable.

¹. See page 20 for advice on how to manage these symptoms.

**Are you ready for
the next stage?**

Everyone is different. The pace of progression to a solid diet is totally personal – your nutritionist will support you through each stage, using your symptoms and how you feel as a guide.



Soft food

After your first day or so post-placement, you can start to progressively build in smooth, thicker fluids such as shakes, soups and yogurts, puréed foods and soft, moist food.

If the change in texture is challenging or makes you feel nauseous, switch back to clear liquids and try again in 24 hours.

Take small mouthfuls, take your time to chew thoroughly and stop eating as soon as you start to feel full. Here's an example of what soft food choices might be for you - ask your nutritionist for more meal and snack ideas.

| | |
|----------------------|---|
| BREAKFAST | Plain yogurt / high protein yogurt (non-fat Greek yogurt) OR fruit purée OR protein shake |
| MID-MORNING | Plain yogurt / high protein yogurt (non-fat Greek yogurt) OR fruit purée |
| LUNCH | Blended chicken / meat / fish & vegetable purée OR Blended high-protein soup OR Scrambled eggs & vegetable purée OR Chunky soft chicken soup OR Soft steamed white fish & vegetable purée OR Beans / lentil dahl |
| MID-AFTERNOON | Soft baked fruit with no skin OR high-protein yogurt / protein shake & a handful of soft berries |
| EVENING MEAL | Fish with soft mashed potato OR Blended lentil soup Low fat cheese & mashed potato OR Mild, soft curried meat & soft vegetables |



Avoid eating and drinking at the same time. Drink around 30 minutes before and after eating to promote feelings of fullness and comfort and leave more room for nutritious food.

You might also try:

- ▶ Non-fat milk or yogurt, without chunks of fruit
- ▶ Gelatin / jelly and custard
- ▶ Herbal, green, chamomile or anise tea (you can add milk)
- ▶ Low-fat spreadable cheese or cottage cheese
- ▶ Blended, smooth soups - add any vegetables, potatoes, meat, chicken or pulses
- ▶ Low-fat, flavored protein shakes
- ▶ Oatmeal cooked with non-fat milk

Pack in your protein!

Did you know that most people tend to have a higher protein meal at lunch and their evening meal – but not at breakfast?¹ Aim to have around 30 g of protein at each meal, looking to spread your protein intake over the day to help you feel full.

1. Stuart M. Phillips, Stephanie Chevalier, and Heather J. Leidy. Protein "requirements" beyond the RDA: implications for optimizing health. *Applied Physiology, Nutrition, and Metabolism*. 41(5): 565-572.




Introducing solid foods

Within a week, most people are back on solid meals and snacks, but this can sometimes take longer depending on your symptoms.

If you have abdominal cramps without other symptoms like nausea or vomiting, you may benefit from progressing to the next stage of your diet and eating a higher volume of food - as these may be hunger pangs that can be easily settled. Be sure to check in with your clinic team if you are experiencing cramps with other symptoms.

Some people find certain foods (like green leafy vegetables, for example) difficult to tolerate, especially in the early weeks of their body getting used to having the soft Balloon in the stomach, leading to feelings of indigestion. If this is true for you, speak to your nutritionist.

Everyone's tolerances are different, but common foods to be careful with post-placement include tough and fibrous food; leafy vegetables like lettuce or kale, and hard fruits with skins and pips. When introducing these foods try very small skinless pieces, cooked and chewed well.



We recommend that you take an A-Z multivitamin and mineral supplement during your Program. Even though you'll be eating healthier, it will help fill any gaps in nutrients you may have.

The power of protein

Protein not only delivers energy to your body, but also helps to keep your cells, muscles, and blood healthy.

It's great for managing your weight too, because eating protein helps you to feel more satisfied during and between meals than other nutrients*. What's more, as you lose weight, higher protein intakes can help to preserve muscle mass¹, which burns more calories than fat.

Your clinic team will help you determine the right amount of protein for you depending on your health background, current lifestyle and activity levels. They'll help you plan protein-rich meals and snacks too.



Raise a glass

Hydration is important for good health, keeping your digestive system and skin healthy. It's essential to prioritize staying hydrated before and during your Program, especially in the days following your balloon placement.

Take the tint test.

Checking the color of your urine is a quick and easy way to tell if you're dehydrated. If it's dark yellow or orange, or if you go more than 6 hours without going to the bathroom, you're not drinking enough. Your urine should be a light straw color in the morning and become paler throughout the day.

Don't wait until you're thirsty to have a glass of water!
Reaching for fluid-rich fruits and veggies can help to hydrate you too – watermelon, anyone?

02

Managing symptoms

As your body gets used to having the soft balloon in place, you may experience some discomfort and some common symptoms. The guidance below should help you manage them, but if you're at all concerned, contact your clinic team who will be able to support you.



Contact your physician if you notice...

Pain that does not respond to medication or diet change.

Severe nausea, vomiting, constipation, diarrhea, abdominal distention, cramps or dehydration.

Symptoms returning at any point while the balloon is in your body, after they had completely resolved in the first week.

Any unexpected symptoms, such as fever, bleeding, etc.

Nausea and vomiting

Take the medication given to you by your clinic team to help prevent and settle these symptoms.

- ▶ If you feel nauseous, try to stay mobile as this will help the transit of food from the stomach into the gut. Sometimes the nausea is caused by eating too much food in one sitting, so keep an eye on your portion sizes.
- ▶ Take your time when eating. Chew your food well and try a 'little and often' approach to eating.
- ▶ Keep sipping fluids throughout the day (but not at mealtimes). You may want to include electrolyte replacement drinks if you've been vomiting.
- ▶ If you are struggling to keep fluids down, please contact your clinic team.
- ▶ If building up towards solid foods worsens your symptoms, returning to only liquids for 24 hours should help settle things down. If your symptoms return in any later weeks on your Program, return to liquids only and contact your clinic team immediately so that they can investigate why your symptoms have returned.

Abdominal discomfort and cramps

If you are experiencing abdominal discomfort, pain or cramps without nausea or vomiting – these may be hunger pangs. You may benefit from progressing your diet texture and volume. Contact your clinic team to support you. It may also be helpful to go for a walk (especially after a meal), avoid cold liquids or cold foods and rest lying on your left side with a hot water bottle.

If you are suffering discomfort and cramps together with nausea or vomiting, return to liquids only and contact your clinic team immediately so that they can investigate.

Constipation

The reduction in food and fluid intake and reduced activity levels around your balloon placement appointment, along with possibly avoiding fibrous foods for a few weeks, may lead to constipation.

- ▶ Make sure you stay well-hydrated
- ▶ Towards the end of your first week, once you have re-introduced solid foods, try a progressive increase in fiber-rich foods such as wholegrain bread and cereals, fruits and vegetables.
- ▶ If you need to take laxatives, please talk to your clinic team about finding a suitable one for you.
- ▶ Once you get back to solid foods, increase your fluid intake and gradually increase your physical activity levels.

Did you know that prunes, pears, kiwi, mango and apples contain natural ingredients that have a laxative effect? A great choice to help ease this symptom.¹



1. Constipated? How to Prevent and Manage your Symptoms 2009
Dietitians of Canada

Reflux or heartburn

Reflux is a common symptom, as the body has a soft balloon in the stomach. Take the antacid medication given to you by the clinic team and try these tips:

- ▶ Make sure you don't eat too much in one sitting. At mealtimes, eat slowly and chew thoroughly. Take a break between each mouthful to look out for signs of fullness (like a slight tightening in your chest).
- ▶ Stop eating as soon as you notice any acid reflux (heartburn), bloating, wind or belching.
- ▶ Eat early in the evening. Avoid lying down soon after eating and wait 2-3 hours before going to bed.
- ▶ Prop yourself up with pillows. Sleeping on your left side can help you feel more comfortable.
- ▶ Avoid caffeinated drinks and do not smoke before eating, as this can make symptoms worse.
- ▶ Certain foods can be reflux triggers, but these are personal and not the same for everyone.
- ▶ Try eating lower-fat meals (avoiding fried foods and fatty meats).
- ▶ Avoid alcohol (it is thought to stimulate acid secretion, and interferes with gastric motility and emptying).

Always contact your doctor if you experience any symptoms other than the ones mentioned here.

Developing skills to recognize, listen and respond to feelings of fullness

Eating behaviors are complex, and the result of many influences including our environment, upbringing, knowledge and emotions. The physical feelings of hunger and fullness play a role in our eating behaviors too, where the food you eat, your digestive system and brain all work together.^{1,2}

The Allurion Balloon is designed to reduce physical hunger. Alongside support from your nutritionist, you will learn how to recognize and respond to feelings of fullness, and better manage other influences on your eating behaviors.

The Allurion Balloon stretches the stomach, helping to tell your brain that you are fuller quicker. Use our tips to recognize, listen and respond to these feelings to build long-term habits to better manage eating.

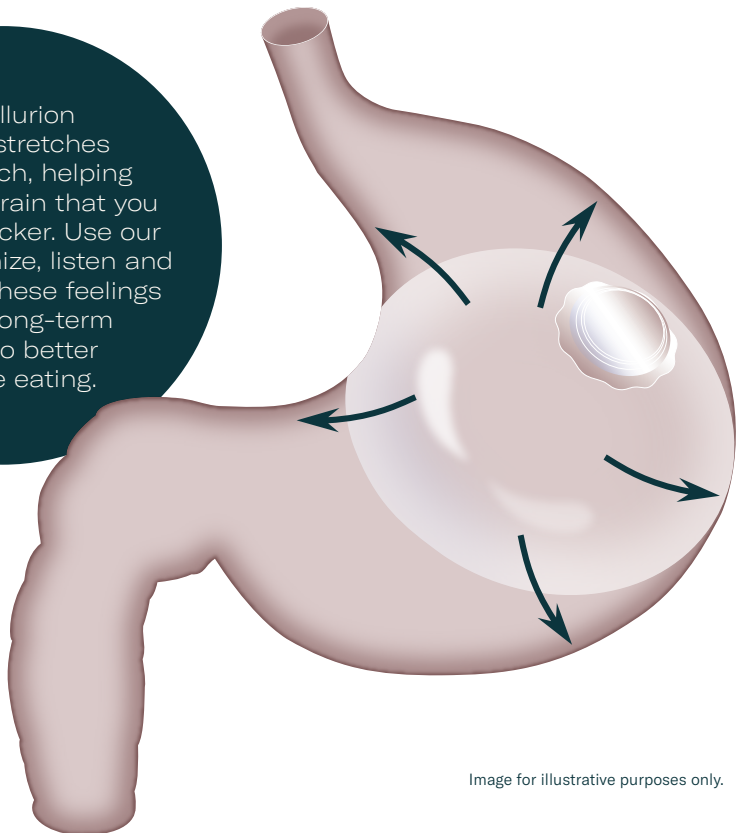


Image for illustrative purposes only.

- ▶ When you eat, the space available for food is smaller. With more than half a liter of fluid in the Balloon, you feel full quicker and with smaller portions.
- ▶ When you eat, the space taken up by the Balloon means that nerves in your stomach are stretched quickly, telling your brain there is enough food³, to help you feel fuller quicker.
- ▶ After you have eaten, it takes longer for your stomach to empty, (about 2 hours longer⁴), helping you to feel fuller for longer.

Use your Balloon as a tool, while you make changes to how you eat; recognize, listen and respond to your body.

How to listen and respond to feelings of fullness:

- 1. Find your focus.** Aim to eat calmly and without distraction. Avoid devices and reading, sit at a table and focus on enjoying your meal.
- 2. Take your time.** Take time chewing each mouthful, savor the taste and deliberately take longer breaks between mouthfuls. Eating slowly or with a greater number of chews per bite results in lower energy intakes.
- 3. Listen to your body.** Look out for the physical signals of fullness which might include discomfort or pressure around your stomach, tightness around the chest bones, burping or hiccups.
- 4. Respond to your body.** Use feelings of fullness as your guide to stop eating or drinking. Try to stop eating at the first signs of fullness.

During your Allurion Program, work with your clinic team to develop these skills. When you transition to life without your Balloon, these habits will help you to continue to manage your weight.

1. Amin T, Mercer JG. Hunger and Satiety Mechanisms and Their Potential Exploitation in the Regulation of Food Intake. *Curr Obes Rep.* 2016;5(1):106-112

2. Blundell J, de Graaf C, Hulshof T, et al. Appetite control: methodological aspects of the evaluation of foods. *Obes Rev.* 2010;11(3):251-270

3. Choi SJ, Choi HS. Various Intra-gastric Balloons Under Clinical Investigation. *Clin Endosc.* 2018;51(5):407-415.

4. Vargas EJ, Bazerbachi F, Calderon G, et al. Changes in Time of Gastric Emptying After Surgical and Endoscopic Bariatrics and Weight Loss: A Systematic Review and Meta-Analysis. *Clin Gastroenterol Hepatol.* 2020;18(1):57-68.e5.

Get moving

Being active is vital for good health and is stress-busting too.

Did you know that combining different types of activity (resistance PLUS aerobic) is proven to lead to better overall weight loss and increased fat loss compared with just doing aerobic activity alone¹?

Aerobic = Activity that gets your heart racing and beating harder
– like running, cycling or swimming

Resistance = Activity that uses your muscles against some form of resistance – it could be using your own body (like squats or lunges) or using weights or resistance bands

Aim to introduce activity or increase the activity you are already doing after your first week post-placement. Talk to your clinic team about goals to suit you.



1. . Hassannejad A, Khalaj A, Mansournia MA, Rajabian Tabesh M, Alizadeh Z. The Effect of Aerobic or Aerobic-Strength Exercise on Body Composition and Functional Capacity in Patients with BMI ≥ 35 after Bariatric Surgery: a Randomized Control Trial. *Obes Surg.* 2017 Nov;27(11):2792-2801.



Did you know research shows² that people are significantly more likely to achieve their goals if they follow an action plan? Focusing on how you'll reach your goal, rather than on just the goal itself, increases the likelihood you'll be successful.

03

Your Action Plan

Most people on the Allurion Program have a specific goal in mind. Perhaps yours is to be stronger and fitter, to be able to keep up with the kids or fit into a favorite outfit. Whatever your goals, it's the actions you'll take every day that ultimately lead you towards success.

That's why we will help you take specific, step-by-step actions that will lead to your success.

2. Rogers, T., Milkman, K. L., John, L. K., & Norton, M. I. (2015). Beyond good intentions: Prompting people to make plans improves follow-through on important tasks. *Behavioral Science & Policy*, 1(2).

1. What are your overall goals?

Work with your clinic team to focus on one action orientated goal at a time, and use this space to regularly review and set new ones along your journey.

2. What actions could you focus on now to help get you there?

1.

2.

3.

4.

People who set action-orientated goals (not just what they want to achieve, but also how they are going to get there) have increased levels of optimism, engagement and overall happiness on their journey.¹

1. versus those who just think about overall, outcomes focused goals. Freund A, Hennecke M, Riediger M. Age related differences in outcome and process goal focus. European J of Dev Psychol. 2010 Mar 1;2:198-222

3. Where and when will this happen?

1.

2.

3.

4.

4. How will you do it?

1.

2.

3.

4.

5. When will you start this?

1.

2.

3.

4.



Transitioning to life without the Balloon

The Allurion Balloon is designed to deflate and pass naturally out of your body at around 4 months, although this can sometimes be earlier or later. You may experience stomach cramps and diarrhea when this happens. If so, don't worry. This will pass quickly.

Did you know that most people don't notice the passing of their Balloon, but in rare cases the Balloon may be vomited. It's nothing to worry about though, and you won't need any monitoring or intervention.

Managing hunger

As the balloon leaves the body, you may be worried about feeling hungrier, but with some clever planning you can stay one step ahead of hunger:

Eat regularly – not eating regularly can lead to increased hunger and unplanned snacking.

Reach for food choices that are packed with protein and fiber (and combined for maximum impact!).

- ▶ Snacks like an apple and peanut butter, non-fat Greek yogurt and blueberries or hummus with cut-up vegetables all provide protein and fiber
- ▶ Nuts
- ▶ Avocado
- ▶ Pulses (beans, lentils, chickpeas and dry peas)

Continue to eat slowly, without distraction and listen to your body's fullness signals to guide you to stop eating.

1. Hopkins M, et al. Differing effects of high-fat or high-carbohydrate meals on food hedonics in overweight and obese individuals. *Br Jour Nutr.* 2016;115(10):1875-84

"I got a second balloon, I really liked having the first one. It was like my buddy... I still wanted to lose some more weight."

"I had a second balloon and I had the same nutritionist as the first time. I felt like we had a good bond and she understood me and I understood her."



Beyond the Balloon

You might feel anxious or nervous about your Balloon no longer supporting you. This is totally normal – speak to your clinic team about how you feel, so they can support you.

As you come to the end of your Allurion Program, your nutritionist will work with you to strategize what's next for you. Do you want to continue on your weight loss path, consider another Allurion Balloon or focus on maintaining the new healthier habits you have developed?

Plan ahead with your clinic team and stay in touch to optimize your results.

Reflection

Take some time to reflect on your journey so far. What has worked for you this time? What have you learned about overcoming challenges?

Celebrate
your victories,
no matter
how big
or small

"With the
Allurion Program,
I'm a different
person. You can
see it and I can
feel it."





**MANUFACTURED
IN THE USA**

► [ALLURION.COM](https://www.allurion.com)

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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