

## Frequently Asked Questions about the ROSE procedure

### **What is the ROSE PROCEDURE?**

New surgical tools now allow surgeons to reduce the size of the pouch and stoma (the opening at the bottom of the stomach pouch) through the patient's mouth without making external cuts into the body. Your doctor may refer to this as the "ROSE" procedure, which stands for repair of surgery, endoluminal.

Before the ROSE incisionless procedure, patients who regained weight after gastric bypass generally had few treatment options. Scarring and adhesions related to the initial bypass procedure make open or laparoscopic revision surgery very challenging. Revision surgery procedure time is typically longer than the original bypass procedure and patients can be up to three times more likely to develop a complication following revision surgery. Therefore, most patients who regain weight after gastric bypass opt not to undergo open or laparoscopic surgical revision after weighing the risks and benefits.

### **Why would I gain weight after gastric bypass?**

A number of studies suggest that patients regain weight because of the gradual enlargement of the surgically altered small stomach pouch and stoma. When the Roux-en-Y procedure is performed, the stomach and stoma are made very small, which slows the passage of food and creates a feeling of fullness after just a small volume of food is eaten. It is believed that when the stomach pouch and stoma gradually enlarge, the feeling of fullness is no longer present, patients can eat larger meals, and weight regain occurs.

### **How do I find out if I'm eligible for this new incisionless, restorative ROSE procedure?**

Patients who had a Roux-en-Y gastric bypass more than two years ago, lost over 50% of their excess weight and have now regained 15% or more of their weight is an ideal candidate for this procedure. After an initial screening, you will undergo a series of evaluations including nutritional and dietary counseling, a full medical exam and endoscopy to determine if you are a good candidate.

### **Where will the procedure be performed?**

The ROSE procedure will be performed at Clovis Community Medical Center's Outpatient Surgery Center.

### **How long will I need to stay in the hospital?**

Typically, patients stay less than 23 hours. You may be discharged the same day if the procedure was done early in the morning, or you may stay overnight. Your surgeon will make the determination following your procedure.

### **What are the benefits of an incisionless procedure?**

By eliminating skin incisions, this new procedure may provide important advantages to patients, including, reduced risk of infection and associated complications, less post-operative pain, faster recovery time and no abdominal scars.

### **What type of side effects can I expect?**

It's anticipated that patients will feel little or no discomfort from the procedure. To date, the only noted side effects have been short-term sore throat, swollen tongue and lip pain from the insertion of the instruments into the mouth.

### **Is it safe?**

As with any surgery there is risk involved. This less invasive approach should reduce the likelihood of many of the complications associated with the open or laparoscopic revision surgery.

### **What is the recovery process?**

Typically patients return to normal activity within a few days of their procedure. Your doctor will give you specific instructions. Patients are asked to follow a post bariatric surgery diet and exercise plan, similar to the regimen prescribed following the initial bypass surgery. Follow-up appointments with your doctor and regular visits with bariatric support staff will be required.

### **Will it be covered by insurance?**

Since the ROSE endoluminal revision procedure is a recent advancement, many insurance companies may not provide coverage. We can contact your insurance provider to determine if there is coverage for this procedure. If we determine that there isn't coverage we have convenient payment options available to help you to move forward.

### **Is incisionless surgery just for gastric bypass restorations?**

This procedure is one of the first of many potential applications for incisionless surgery. Incisionless surgery is considered the next wave in minimally invasive procedures and, in addition to obesity; it has generated interest among physicians in areas such as GERD, GI cancer and natural orifice transluminal endoscopic surgery.