# Early Outcomes of The Swallowable Intra-Gastric Balloon: A Canadian Experience

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**Introduction**: The intra-gastric balloon (IGB) is an established intervention to treat patients with obesity. The swallowable IGB provides the advantage of not requiring anesthesia or endoscopic guidance. It received approval from Health Canada in 2021 and was first used in October 2022. We aimed to present our early safety data with the swallowable IGB.

**Methods**: Patients with obesity class I or higher presenting to our facility between October 2022 - January 2023 for IGB insertion were included. A prospectively maintained database was used to explore outcomes including simplicity of insertion, safety, complications, and weight loss at one month follow up.

**Results**: 18 patients were eligible for inclusion. Median age was 42 (31-59) years and median BMI was 33.4 (30-46.9) kg/m2. Overall, 8 (45%) patients had comorbidities; 4 (22.2%) patients had depression/anxiety, 2 (11.1%) patients with hypertension and 1 (5.5%) patient with rheumatoid arthritis. Median HbA1c was 5.34 (4.9-6)%. All patients (100%) were able to swallow the balloon uneventfully. Immediate post-insertion (day 1) complications occurred in 2 of 18 (11.1%) patients; one patient required IV hydration and one required premature removal due to intolerance. 17 patients completed one month follow up with a median percentage total body weight loss of 6.7% (1.4%-11.7%), with a median BMI reduction of 2.1 kg/m2.

**Conclusion**: This is an early and first description of a Canadian experience with initial promising results demonstrating ease, safety, and short-term efficacy of the IGB. Further research is ongoing to establish a larger cohort with extended follow up for efficacy.