



SCLEROTHERAPY FACT SHEET

- Performed by EGD in an outpatient setting, conscious sedation – requires a driver to be with you
- Minimally invasive, low risk procedure to create decreased diameter of the anastomosis
- Helps to increase weight loss along with proper pouch tool use. A dietitian, exercise, and behavioral consultation are necessary to re-emphasize pouch tool techniques.
- Sclerotherapy may need to be repeated if the anastomosis is enlarged
- Intramuscular injections of 1ml of 5% sodium tetradecyl (an irritant) placed around the anastomosis
- Complications include mild pain for 1-2 days and nausea. Need to be on liquids for 1-2 days, possible stricture or narrowing can occur requiring endoscopic dilation
- Careful attention to food choices, portion sizes, and exercise are still required to achieve significant and sustained weight loss
- According to the initial study:
 - ◆ 75% of patients lost weight after sclerotherapy
 - ◆ Patients who worked hard on exercise and diet discretion lost the most weight