National Obesity Surgery Centre
The UK’s only dedicated weightloss surgery provider

The patient’s choice

For the weight loss procedure that’s right for you

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National Obesity Surgery Centre
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Gastric Balloon
Gastric Band
Gastric Sleeve
MGB Gastric Bypass
Gastric Plication
Roux-En-Y Bypass

Leading the development of effective weight loss procedures in the UK.

For over 12 years the National Obesity Surgery Centre has been at the forefront of pioneering weight loss surgery in the UK offering bariatric procedures, plus a unique industry leading support programme.

Procedures available throughout the UK

No other weight loss surgery provider can offer the same breadth of service across the UK, ensuring that every patient is never more than a few hours from a National Obesity Surgery Centre clinic.

From Scotland to Northern Ireland and in all the major conurbations of mainland Britain, we have a centre of excellence, staffed by leading healthcare professionals and the best surgeons, ready to help you now. Pick the location closest to you and see how easy it is to access the solution that’s right for you in every way.

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A re you a yo-yo dieter?

Once you have developed the yo-yo dieting syndrome, it is difficult to break the damaging cycle of weight loss, followed by weight gain. The more often you repeat this exercise, the more difficult it becomes for you to develop a healthy relationship with food. You get stuck in a cycle of ‘dieting’ that results in you gaining even more weight.

Take the test

Find out if you fall into the yo-yo dieter category with our simple questionnaire.

- Have you been on two or more diets?
- Have you tried a diet that eliminated one or more food groups?
- Have you ever been on a meal replacement diet?
- Can you lose weight, only to regain it when you start to eat ‘normally’ again?
- Do you start to lose weight with lots of good intention, but then become bored and stray back to your usual habits?
- Do you plan to start your diet on Monday, but Monday never arrives?
- Do you start a diet in the morning but abandon it later in the day?
- Do you eat secretly?
- Do you ‘reward’ yourself with food?
- Do you use food as a means of coping with your emotions?

If you have answered ‘yes’ to two or more of these questions, then you probably are a yo-yo dieter.

At NOSC we understand you very well. The vast majority of our patients are yo-yo dieters and we have many years experience in dealing with this distressing condition. Through treatment, combined with our dedicated support programmes, we have helped hundreds of people to finally break free of the yo-yo dieting syndrome.

Our promise to you

At NOSC we promise our patients the highest level of procedural excellence. From your initial telephone call through to your bespoke post treatment support programme, you can be assured that you will receive an unrivalled level of care. We guarantee to support you every step of the way in your weight loss journey.

NOSC is committed to delivering a premium level of surgical, clinical and nursing care. Our team of leading Consultant Surgeons and Consultant Gastroenterologists are highly skilled in the specialised field of bariatric treatments. Supported by the tremendous depth of knowledge and experience of the NOSC Support Team, there is no other UK organisation that can offer the same level of expertise.

Your unique relationship with NOSC

You won’t speak to a sales person at NOSC. Our Patient Advisors are highly trained professionals who understand that you have individual requirements and specific needs. They will ensure that you have the necessary information and will advise you on any aspect of our weight loss procedures. Your communication with NOSC is confidential and we respect your privacy at all times.

Your success is our success

Your procedure is just the start of your weight loss journey. It is our aim to work with you towards your ultimate success. We know that people who have a continued high level of support will achieve more in the long term.

NOSC invests heavily in all areas of support and development. With specialists in nutritional and behavioural modification who work alongside our team of bariatric nurses, you can be assured that we provide everything you need to turn your life around. We understand that many people have busy lives, so your support can be delivered 24 hours a day by telephone, e-mail, skype and via our online programme. The choice is yours.

Easy access

With 17 partner hospitals across the UK you are never far away from us. Each hospital adheres to the NOSC Minimum Standards Document and has been selected for its quality and unrivalled level of care for bariatric patients.

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Why do I need a support programme?
Gastric Band patients are always more successful when they have ongoing support. The National Obesity Surgery Centre has a specialised programme to help patients through their first year, as they adjust to their new eating regime and become accustomed to the positive changes and lifestyle benefits. If you are considering a Gastric Band as your treatment choice, it is important to understand that you must stick to some basic ‘rules’ regarding food and drink. This should not be difficult once you have become familiar with your Band.

Who is on the Support Team?
This is a multi-disciplinary team made up of doctors, bariatric nurses and specialists in nutrition and behavioural modification.

THE ADJUSTABLE GASTRIC BAND

What is it?
The Gastric Band is a soft silicone band that is placed around the top of the stomach in order to considerably reduce the useful capacity of the stomach.

How is it inserted?
It is placed via keyhole surgery and in experienced hands the operation takes less than 45 minutes. You will have a general anaesthetic and remain in hospital overnight.

How is it adjusted?
A small port is fixed under the skin, allowing your surgeon to inject or remove very small amounts of sterile saline. In doing this, it is possible to adjust the amount of restriction that the band is placing around your stomach. This means that more restriction can be created if you are not losing weight. Alternatively, your band can be relaxed if you are losing weight too quickly or if you are having difficulty getting food down.

Am I suitable?
The Gastric Band is an excellent treatment for people with significant weight issues, who have found it impossible to lose weight and maintain any kind of loss in the long term. Your suitability can only be assessed during a consultation with one of our Bariatric Surgeons. The Gastric Band may be suitable if your BMI is between 30 and 60 and you find it very hard under any circumstances to maintain discipline with your diet.

Do you have Type 2 Diabetes?
The Lap Band System™ is the first device in Europe to have official endorsement of its effect on type 2 diabetes in obese patients as a result of surgically induced weight loss. This is a world first for any bariatric surgical device. There are now 500,000 people worldwide who are benefiting from the Lap Band System™.

What is included in the price?
In addition to your Gastric Band you will also receive lifetime support and clinical band adjustments. This includes unlimited access to our medical team, who will be working closely with you to help you achieve the maximum benefit from your Gastric Band.

Susan: "I lost 7.5 stone in 18 months with my Gastric Band and can’t believe the difference!"*

* All patient reviews on our website are based on that individual’s experience and may vary from person to person.

I had been on diets since I was 19 years old – you name it, I’d been on it. I could always lose weight but kept putting it back on; in recent years I was ending up heavier than when I started. I realised I needed something to help me keep my weight under control that was more long term.

My surgeon, Mr Ackroyd was brilliant. I saw him at my consultation and he came to see me both before the operation and the next morning before I was discharged. I followed the 6 week post-op diet, and it was good to know that the support team at NOSC were always just a phone call away when I needed them. My husband had suggested that I look into having bariatric surgery abroad but I didn’t feel that I would get the aftercare I needed, and I’m very glad I didn’t go down that route.

My journey with the Band has been pretty smooth – I needed a few adjustments, as most people do, to ensure that I felt full after smaller meals, and these were all covered in the NOSC aftercare plan. I eat healthily and generally feel full after a starter portion in restaurants. My self confidence has increased as my weight has dropped, to the point where I bought my first bikini in years this summer for my 25th wedding anniversary holiday.
Why is the Support Programme so effective?
We are the only dedicated centre in the UK and our Support Programme is unique. It has been developed over time, through the different experience of our many patients. Our team works with you to help re-define your attitude towards food. Eventually this enables you to take full control of your eating habits. We cannot over emphasise just how important the correct programme is to your ultimate success.

I don’t live near to a centre. How can I attend my appointments?
National Obesity Surgery patients come from every part of the UK and Ireland. Many live abroad. For some people, distance and time can make it difficult or impossible to attend regular review appointments. We have adapted our support programme so that it works in exactly the same way wherever you live. The only difference is that instead of seeing us ‘face to face’ our communication with you is via telephone or e-mail. You can also access our online programme.

THE GASTRIC BALLOON

What is it?
The gastric balloon is a non surgical aid in the treatment for weight loss, and is used in combination with a nutrition and behaviour modification programme. It is a soft, expandable ball, which sits in the stomach to create a feeling of fullness. A gastric balloon slows down the gastric emptying, so there is an immediate reduction in hunger levels, this gives the feeling of fullness for longer and the ability to eat large portions is significantly decreased.

Choice of Gastric Balloon
The Orbera Balloon is in place for 6 months and incorporates a one year Support Programme. Both the Spatz and Orbera 365 are in place for 1 year and incorporate an 18 month Support Programme.

How is it inserted?
Following a small amount of sedation and a local anaesthetic spray to the back of the throat, the deflated balloon is introduced through the mouth. Once the balloon has passed into the stomach it is inflated and filled with sterile saline. The full procedure takes around 15 minutes.

Am I suitable?
Suitability can only be assessed during a detailed discussion and a thorough analysis of your medical history. However, there are very few contra-indications and the gastric balloon is ideal for people with a BMI over 27.

What is included in the price?
In addition to the gastric balloon and Support Programme you have unlimited access to our medical team. They will constantly be working with you to help you adopt long-term lifestyle changes involving your eating behaviour.

Why do I need a Support Programme?
The gastric balloon is an extremely effective aid in helping you to shed your excess weight, quickly and safely. However, we recognise that if you don’t make some fundamental changes in your approach to food, you might start to regain some weight when your balloon is removed. We don’t just want you to lose weight; we want you to be able to comfortably maintain your loss for the rest of your life. Our aim is to help you out of the yo-yo diet syndrome.

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Becci:
“I kickstarted my weight loss with a Balloon and lost 3 stone!”
Read the full story at: www.obesitysurgerycentre.com

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I decided to have a Balloon after trying every diet going. I’d done the slimming club route, tried cutting down myself and was thoroughly fed up of dieting. The Balloon seemed ideal for me as it was non surgical and would hopefully give me the opportunity to get in control of my eating. I also suffer from PCOS, another reason why I wanted to lose weight.

The support team at NOSC have been great – especially Julie who has been in regular contact with me throughout the year. I didn’t tell people at first, but as my confidence has increased and my weight has decreased – weight loss to date over 3 stone – I’m happy to do so now.
**SLEEVE GASTRECTOMY (GASTRIC SLEEVE)**

**What is it?**
Sleeve Gastrectomy is an operation to reduce the size of the stomach. Up to 80% of the stomach is removed, leaving a long tube or sleeve. Although the shape of the stomach is drastically changed, it continues to function normally, albeit the quantity of food eaten will be considerably less.

**How does it work?**
The gastric sleeve works in three ways. Firstly, it is a restrictive procedure, meaning that it achieves weight loss by restricting the amount of food that can be eaten. It also works because it removes the part of the stomach that produces the hormone Ghrelin, which is the hormone that stimulates appetite and hunger. The elimination of Ghrelin results in a significant reduction or loss of appetite. In addition, rapid transit of food from the ‘new’ stomach into the small bowel releases incretins (hormones that work to increase insulin secretion) that inhibit calorie intake.

**What does surgery involve?**
Sleeve Gastrectomy is performed under general anaesthesia using laparoscopic (keyhole surgery). The surgical instruments are passed through five small incisions on the abdomen. The stomach is stapled along its length and the excess portion is removed. Surgery takes around 90 minutes and requires a two night stay in hospital.

**Am I suitable?**
The gastric sleeve is an excellent choice of treatment for people with a BMI over 35 who have struggled to lose weight and maintain any kind of loss in the long term. The gastric sleeve may be suitable if you find it very hard under any circumstances to maintain discipline with your diet and if you would like a permanent solution, but you don’t want an implanted device such as a gastric band. This is an ideal treatment for people with a busy lifestyle who do not want to attend follow up appointments. For the same reason, it is a good choice for older people or those with reduced mobility.

**What is included in the price?**
In addition to your surgery and aftercare you will receive a 12 month Support Programme. Your surgeon will review you after 6 weeks and then as required. You have unlimited access to our medical team, who will be working closely with you to help you achieve the maximum benefit from your gastric sleeve.

**Why do I need support?**
Bariatric patients are always more successful when they have ongoing support. The National Obesity Surgery Centre provides specialised programmes to help people through their first year, as they adjust to their new eating regime and become accustomed to the positive changes and lifestyle benefits.

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Kevin: “6 months later, I have now lost 9 stone”.*

All patient reviews on our website are based on that individual’s experience and may vary from person to person.

Like many people who suffer from weight problems, which I have done for maybe 20 years, and although I just got on with everyday life as normally as possible, the problem was always on my mind. Gradually I became more and more conscious of my size with all the associated health problems; joint pain, breathlessness, the list goes on. I became more and more withdrawn, something that was totally alien to my normal out going self or perhaps this was always just a front.

Over the years I, like everyone who has weight issues, tried every diet imaginable with varying degrees of success and indeed often failure. Eventually and after my health started to suffer, I took to the decision to consider weight loss surgery and after trolling the internet and speaking to other providers came across NOSC. After looking at their website and reading reviews etc. I gave them a call. This was the best decision I have ever made! Right from the word go they were helpful and gave me all the information I required to make my decision and proceed with my surgery.

The process was simple and every step of the way was explained to me. I attended the hospital for my initial consultation with my surgeon, again with the same friendly and helpful manner. My surgery was then booked and although I had to change the date at short notice due to unforeseen circumstances this again was dealt with fantastically.

The date of my surgery arrived, and like all the steps before, reaching this point was made easy. The whole process in hospital was effortless and after the surgery was over, I was released home following an overnight stay with everything regarding medication, aftercare and the early stages of my weight loss journey explained in detail, and with the reassurance that NOSC were only a phone call away if I had any concerns.

That was on the 20th December 2016. The assistance and support from NOSC has continued and as I write this some 6 months later, I have now lost 9 stone. None of this would have been possible without the help and guidance from NOSC and all their tremendous staff and the staff at the hospital.

Finally, what I would say to anyone who is considering the option of weight loss surgery, go for it and with NOSC by your side your choice will be life changing, just like it has been for me.
MGB GASTRIC BYPASS (Single Anastomosis)

What is it?
The MGB Gastric Bypass is a restrictive surgical weight loss procedure. It involves creating a smaller (mini) stomach and bypassing a section of the small intestine before any food is absorbed. The new mini stomach restricts the amount of food that can be eaten before you feel full. Bypassing a section of the small intestine alters the gut hormones involved in appetite control.

What does surgery involve?
The MGB Bypass is performed under general anaesthetic using laparoscopic (keyhole) surgery. The surgical instruments are passed through five small incisions on the abdomen. The stomach is divided to create your new mini stomach. Next, a loop of intestine is joined to the lower part of the mini stomach. This join is called an anastomosis. Surgery takes between 60 and 90 minutes and requires a 2 or 3 night stay in hospital.

How much weight can I expect to lose?
Everybody is different and so is everyone’s weight loss journey. The average excess weight loss is around 85% at 2 years.

Am I suitable?
The MGB Bypass is an excellent choice of treatment for anyone with a BMI over 35 who has found it impossible to lose weight and maintain any kind of loss in the long term. Your suitability will be assessed during a consultation with one of our Bariatric Surgeons.

What is included in the price?
In addition to your surgery and aftercare you will receive a 12 month Support Programme. Your surgeon will review you after 6 weeks and then as required. You have unlimited access to our medical team and they will be working closely with you to help you achieve the maximum benefit from your surgery.

Why do I need support?
Bariatric surgery patients are always more successful when they have ongoing professional support. The National Obesity Surgery Centre provides specialised programmes to help people through their first year, as they adjust to their new eating regime and become accustomed to the positive changes and lifestyle benefits.
ROUX-EN-Y GASTRIC BYPASS

What is it?
Gastric Bypass Surgery makes the stomach smaller and causes food to bypass part of the small intestine. You will feel full more quickly than when your stomach was its original size. This reduces the amount of food you can eat at one time. Bypassing part of the intestine reduces how much food and nutrients are absorbed. This leads to weight loss. One type of gastric bypass surgery is a Roux-en-Y gastric bypass.

In normal digestion, food passes through the stomach and enters the small intestine, where most of the nutrients and calories are absorbed. It then passes into the large intestine (colon), and the remaining waste is eventually excreted.

What does surgery involve?
The Roux-en-Y Bypass is performed under general anaesthetic using laparoscopic (keyhole) surgery. The surgical instruments are passed through five small incisions on the abdomen.
In a Roux-en-Y gastric bypass, only a small part of the stomach is used to create a new stomach pouch, roughly the size of an egg. The smaller stomach is connected directly to the middle portion of the small intestine (jejunum), bypassing the rest of the stomach and the upper portion of the small intestine (duodenum). Surgery takes between 60 and 90 minutes and requires a 2 or 3 night stay in hospital.

How much can I expect to lose?
On average, people lose more than half of their excess weight following Roux-en-Y surgery. Ten years after weight-loss surgery, many people have gained 20% to 25% of the weight they lost. The long-term success is highest in people who are realistic about how much weight will be lost and who keep appointments with a medical team, follow the recommended eating plan, and are physically active.

Am I suitable?
The Roux-en-Y is an excellent choice of treatment for anyone with a BMI over 35 who have found it impossible to lose weight and maintain any kind of loss in the long term. Your suitability will be assessed during a consultation with one of our Bariatric Surgeons.

What is included in the price?
In addition to your surgery and aftercare you will receive a 12 month Support Programme. Your surgeon will review you after 6 weeks and then as required. You have unlimited access to our medical team and they will be working closely with you to help you achieve the maximum benefit from your surgery.
GASTRIC Plication

What is it?
Gastric Plication is a restrictive weight loss procedure. It is used to reduce the size of your stomach in a minimally invasive way that does not involve any cutting. By creating an internal fold, the stomach’s capacity is reduced by about 85%. By decreasing the size of your stomach, the amount of food you can consume is considerably less than before. You will experience a feeling of fullness after eating only a small portion and that feeling of fullness will last for longer. Although it is considerably reduced in size, your stomach will continue to function normally.

What does surgery involve?
During the Gastric Plication procedure the surgeon will fold the stomach in on itself to decrease its volume by up to 85%. This process turns the stomach into the shape of a long, thin banana. Two rows of stitches are used to keep the stomach from returning to its normal shape and size. The operation is performed under general anaesthesia using laparoscopic (keyhole) surgery. The portion of the stomach that is plicated is known as the greater curve and this is the portion of the stomach which is able to expand when you eat. Surgery takes around 90 minutes and requires a two night stay in hospital.

How much weight can I expect to lose?
Everyone’s body is different and so is everyone’s weight loss journey. The average excess weight loss is around 70% in the first 18 months.

Am I suitable?
Gastric Plication is an excellent choice of treatment for people with a BMI over 32 who have found it impossible to lose weight and maintain any kind of loss in the long term. Your suitability will be assessed during a consultation with one of our Bariatric Surgeons. Gastric Plication may be suitable if you find it very hard under any circumstances to maintain discipline with your diet and you don’t want an implanted device, such as a gastric band. It is an excellent choice of treatment for people who don’t want the inconvenience of further intervention or repeated follow up visits.

What is included in the price?
In addition to your surgery and aftercare you will also receive a 12 month Support Programme. This is essential for anyone undergoing bariatric surgery. Your surgeon will review you after 6 weeks and then as required, you also have unlimited access to the NOSC Medical Team. They will be working closely with you to help you achieve the maximum benefit from your procedure.

Why do I need support?
Bariatric surgery patients are always more successful when they have ongoing support. The National Obesity Surgery Centre provides specialised programmes to help people through their first year, as they adjust to their new eating regime and become accustomed to the positive changes and lifestyle benefits.

Who is on the Support Team?
The team is made up of healthcare professionals, specialist in nutrition and specialists in behavioural modification.
**HOW MUCH DOES IT COST AND WHAT IS INCLUDED IN THE PRICE?**

At NOSC we offer you a fully inclusive package price for your treatment. There are no hidden extras or additional charges, which means that you can accurately budget for your procedure. Occasionally, you may find a price difference on a procedure, dependant on the hospital you attend. This is because some hospitals charge higher rates than others.

Your treatment is just the start of your weight loss journey. Support is vital for the most successful outcome, so this is automatically included with all procedures. Support is available 24 hours a day, 7 days a week.

**Gastric Balloon**
The Orbera balloon costs £3950. This price includes your balloon, the insertion and removal (6 months later) and your fully comprehensive one year support programme.

The Spatz balloon costs £4450. This includes your balloon, the insertion and removal (12 months later) and your comprehensive 18 month support programme.

The Orbera 365 balloon costs from £4450. This includes your balloon, the insertion and removal (12 months later) and your comprehensive 18 month support programme.

**Gastric Band**
The gastric band costs £5950. This price includes your band, your hospital, surgeon and anaesthetist fees and all associated costs. You receive lifetime support and clinical band adjustments.

**Gastric Sleeve**
The fully inclusive cost of the gastric sleeve is £9450. Included are your surgeon, hospital and anaesthetist fees and your 1 year support programme.

**Gastric Plication**
The fully inclusive price for gastric plication is £6950 and includes your one year support programme.

**MGB Gastric Bypass**
The fully inclusive price for the MGB Bypass is £9750 and includes your one year support programme.

**Roux-En-Y Bypass**
The fully inclusive price for the Roux-En-Y B Bypass is £9750 and includes your one year support programme.

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Thank you for requesting information on procedures offered by The National Obesity Surgery Centre.

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**Opening Hours:**
Monday to Thursday 8.30am – 8.00pm
Friday 8.30am – 6.00pm
Saturday 10.00am – 2.00pm

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