

IP survey IP1970

This report was generated on 26/06/23. Overall 5 respondents completed this questionnaire. The report has been filtered to show the responses for 'All Respondents'.

The following charts are restricted to the top 12 codes. Lists are restricted to the most recent 100 rows.

I have read the information above which explains the purpose of the project and how any information I provide will be used



I consent (agree) to NICE using the information I have given in the ways described above



How did you hear about this survey?



Are you (the person completing the questionnaire):



Your age (in years)

Count	Sum	Mean	Sample Standard Deviation	Minimum	Maximum	Range
5	244	48.80	10.52	39	66	27

In years

Count	Sum	Mean	Sample Standard Deviation	Minimum	Maximum	Range
1	1	1	0	1	1	0

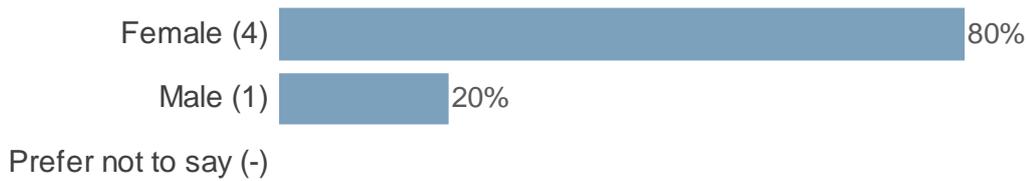
In months (OR In months)

Count	Sum	Mean	Sample Standard Deviation	Minimum	Maximum	Range
4	36	9	2.45	6	11	5

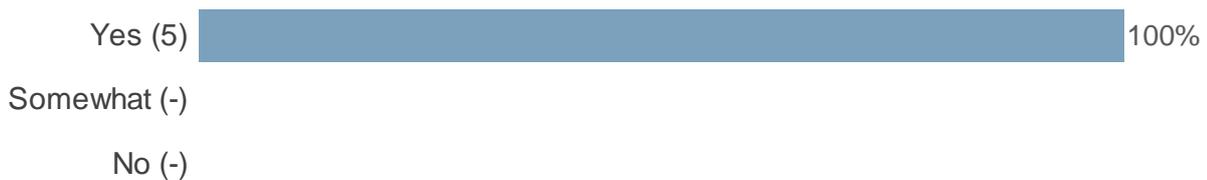
In months (OR In weeks)

Count	Sum	Mean	Sample Standard Deviation	Minimum	Maximum	Range
0	-	-	-	-	-	-

To which gender identity do you most identify?



Did the procedure work?



Did you have any side-effects following your procedure?



If yes, please provide further details along with information about whether symptoms later reoccurred.

Minor gas pain and recovery from anaesthesia

How long did it take you to recover from the procedure?

1 week

Probably felt 'normal' after 2 weeks

7 days

4 days

Once the anaesthetic wore off and the build up of wind had passed I had no more after effects. Only a matter of hours.

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How did the procedure positively affect your condition and/or your quality of life?**Please consider things such as:**

- Your physical symptoms
- Your ability to perform daily activities
- Your quality of life, lifestyle and/or social life
- Your state of mind, emotional health and/or wellbeing
- The effect on family, friends and others

The procedure has changed my life after struggling to lose weight after being on medication. I can walk without pain and feeling exhausted, I have more energy as I am doing more therefore it has a positive impact on my social life, as before I would make excuses to not go out due to the way I looked and constantly tired. The health benefits is what drove me to get the procedure done which I am so thankful for, as I was in the obese category now I have a healthy BMI. I have so much more confidence as before I used to hide.

It has had a hugely positive impact physically, mentally, emotionally. I have lost nearly 5 stone (with more to go) but already both a metaphorical and physical weight has been lifted. Every day life and tasks are so much easier and done without thinking. E.g. showering, drying, cutting toe nails, putting shoes & socks on, getting in and out of the car, seat belts fitting, lifting & carrying my toddler, having choices with clothes, feeling more comfortable & confident in clothes, walking longer distances with ease rather than any distance feeling a chore, not worried about fitting in or breaking seats when in public, confident and physically able to go into soft play with my son rather than worrying that I won't fit or will break it, not feeling paranoid or judged when eating in public, not having sores or chaffing under folds of fat, not paranoid about smelling. The list goes on and on! Suffice to say I am happier, more confident, more relaxed and not petrified that I am about to have a heart attack or stroke. I feel like I now have the confidence back to go to social events that I might have previously avoided. Both my husband and mother have used it as an opportunity to look at their weight and own eating habits and both have lost weight as a result. I no longer feel like I would either be invisible (at best) or judged when out in public, which is such a relief. I only wish I'd had the money (and knowledge that this procedure was an option) to get this done much sooner.

So far I have lost over 40kg, I feel good, started to go to gym and walk more. I feel full of energy and I can now play with my son.

it allowed me to reduce my weight to an acceptable level which I believe would prevent future health issues and allow me to openly participate in more sports and social activities and I also feel less discriminated against in my community due to my size.

It has improved my quality of life immensely. I am now able to do things I hadn't been able to for quite some time. I feel much better about myself.

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How did the procedure negatively affect your condition and/or your quality of life?

Please consider things such as:

- Your physical symptoms
- Your ability to perform daily activities
- Your quality of life, lifestyle and/or social life
- Your state of mind, emotional health and/or wellbeing
- The effect on family, friends and others

There are no negative side affects from the procedure for me

I was nervous and a bit anxious in the build up as it was a big decision for me and my husband - both financially and the innate risk of surgery. The evening of the surgery and the first 3 days afterwards were pretty horrific - initially a huge amount of pain, discomfort and incredible nausea and vomiting (which could have been avoided if I had been given clearer information about not drinking soups for the first 24-48 hours!) which was mentally and physically draining. They did all settle down fairly quickly but I wish I had taken longer off work. I had the surgery on the Tuesday late afternoon, discharged on the Wednesday afternoon and went back to work the following Monday but in hindsight I should have taken another 3+ days off. I have a professional job so drive a desk, nothing physical but I was exhausted and still adjusting. On the whole, friends, family & colleagues have been very supportive. I have been open and transparent with everyone about what I was doing and why. My parents were the most concerned / sceptical but knew that I would not undertake something like this lightly.

None

none

It hasn't.

Did you require anymore treatment, including procedures or surgery after this procedure?



If yes, please provide further details.

After 'yoyo' dieting for 50 years I have a lot of excess skin that will need to be removed.

Would you recommend this procedure to another patient with your condition?



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If yes, what might you tell them?

It's not a cure, it's a tool and the hard work starts when you have it, if they aren't in the mental head space to accept it's a tool like any other bariatric surgery then they are setting themselves up to fail.

Do your research (procedure, hospital & surgeon) ask lots of questions, know what you're getting into, what to expect and be honest with yourself and those around you so that you have a support system. Know that this is a tool which you will have to work for the rest of your life but that it can and does work and is worth it / can be life changing. Know that you should only drink water for the first 2-3 days otherwise you can be violently sick! Know that everyone's weight loss journey is different so try (it's really hard) to not compare your weight loss to other people - it's a marathon not a sprint. It took many years to put that amount of weight on so be patient with yourself getting it off...for good! Make the golden rules your daily mantra - lead with protein, small portions & mouthfuls (use a ramakin/ tea plate and small cutlery), chew EVERY mouthful 20+ times, pause for 30 secs between mouthfuls (put cutlery down & I still use a small egg timer) and stop eating when you feel satiated (not full) which takes time to learn. If you have a bit too much one day, don't let it cascade into a week+ of bingeing, just remember the golden rules and try again at the next meal / day. There will be plateaus. They're tough, demoralising and frustrating but they do pass if you keep going and often they're the times you see the difference in your clothes instead as your body is readjusting. The initial pain and discomfort is temporary but the benefits will be felt for a lifetime, and hopefully a longer one!

Recovery was fast, no complaints it was just what I wanted as I was scared of operation and complaints.

Not very invasive compared to other options, minimal recovery and the results so far have proven very positive.

Don't hesitate. If you can afford it, go for it. You won't regret it.

If the procedure had an impact on any other areas of your life that are not covered by the questions above please tell us about them here.

It's a very expensive procedure, as it can only be done privately at the moment, so we made the decision to use our savings. It wiped them out which meant we felt uncomfortable for several months not having a financial buffer, especially in such a turbulent economic climate with the cost of living going through the roof. There is another financial impact to consider - buying new clothes! Several stone in you will inevitably need new clothes but that keeps going. It even impacts the size of your feet, wrists and fingers so shoes and jewellery need to be considered. Although it's a nice problem to have. I've not had it much yet but something I've experienced previously when I lost a significant amount of weight was people treating you differently - female friends seeing you as a threat / competition as you're no longer the 'safe' fat friend, work colleagues suddenly listening to you / respecting you more, strangers on the street noticing you but in a nice way e.g smiling and holding doors open instead of sneering or ignoring or passing judgemental looks.

I am generally feel happier