

Citation (APA)	Sample size (N)	Methods	Demographics	Results	Conclusions
lenca, R., Al Jarallah, M., Caballero, A., Giardiello, C., Rosa, M., Kolmer, S., Sebbag, H., Hansoullé, J., Quartararo, G., Zouaghi, S., Juneja, G., Murcia, S., Turro, R., Pagan, A., Baduddin, F., Dargent, J., Urbain, P., Pavellu, S., di Cola, R. S., Selvaggio, C., ... Al Kuwari, M. (2020). The Procedureless Elipse Gastric Balloon Program: Multicenter Experience in 1770 Consecutive Patients. Obesity surgery, 30(9), 3354–3362. https://doi.org/10.1007/s11695-020-04539-8	1770	19 centers Physical follow-up visits	1264 women 506 men Mean age: 47.2 ± 10.3 Mean TW: 110.5 ± 21.9 kg Mean BMI: 39.2 ± 6.7 kg/m ² WC: 123.5 ± 16.9	Mean weight loss: 13.5 ± 5.8 kg. %TBWL: 14.2 ± 5%, %EWL: 67 ± 64.1%, change in BMI: 4.9 ± 2 kg/m ² , All metabolic data decreased significantly. 52 (2.9%) were intolerant. 11 (0.6%) balloons deflated early. Four (0.2%) were endoscopically removed after discovery of non CI compliance. 3(0.17%) small bowel obstructions (previous version of Elipse). 1 (0.06%) gastric dilation	The Elipse™ Balloon demonstrated an excellent safety profile. The balloon also exhibited remarkable efficacy with 14.2% TBWL and improvement across all metabolic parameters
Vantanasiri, K., Matar, R., Beran, A. et al. The Efficacy and Safety of a Procedureless Gastric Balloon for Weight Loss: a Systematic Review and Meta-Analysis. OBES SURG 30, 3341–3346 (2020). https://doi.org/10.1007/s11695-020-04522-3	2013	Meta-analysis of 6 studies		6 studies included (lenca 2019, Raftopoulos 2019, Espinet 2019, Jamal 2019, Alsabah 2017, Machyka 2016) Overall %TBWL (4M): 12.75% Overall %TBWL (1Y): 10.94 % Overall early balloon removal: 0.023%	This meta-analysis demonstrates that EIGB is a safe device offering an effective weight loss that warrants further studies for its long-term weight loss outcomes. Severe adverse events are rare, and the rate of early removal is low.
Jamal, M.H., Almutairi, R., Elabb, R. et al. The Safety and Efficacy of Procedureless Gastric Balloon: a Study Examining the Effect of Elipse Intra-gastric Balloon Safety, Short and Medium Term Effects on Weight Loss with 1-Year Follow-Up Post-removal. OBES SURG 29, 1236–1241 (2019). https://doi.org/10.1007/s11695-018-03671-w	112	Single-center 1 year post excretion follow-up	78 women (77%) 28 men (26%) Mean age: 31.3 Mean TW: 92.2 kg Mean BMI: 34.3	90/106 patients successfully followed-up (1y) %TBWL (3M): 10.9% %TBWL (1Y): 7.9%, Change in BMI (3M): 3.7 kg/m ² , Change in BMI (1Y): 2.95 kg/m ² , 6 removals due to intolerance. At excretion time, 6 vomited the balloon (12%), 1 (small) bowel obstruction. 3 early deflations.	EIGB are effective, safe, and feasible non-invasive method for weight loss.
lenca R, Giardiello C, Scozzararo A, Schiano R, Di Cola, N, Di Lorenzo G, Juneja G, Lopez G, Baduddin, F. Improving Nausea and Vomiting Post-Elipse Balloon: A Novel Single-Dose Regimen of 300 mg Netupitant/ 0.5 mg Palonosetron. Obesity Surgery (2019) 29:2952–2956 Ernesti I, lenca R, Basciani S, Mariani S, Genco A(2018)	30	Patients received Akrzyzo at placement	9 males, 21 women Mean weight: 97.8 Mean BMI 34.7	4/30 (13%) reported vomiting on days 1, 2, and 3; 9/30 (30%) reported nausea higher than score 4 on days 1, 2, and 3; 8/30 (26.6%) reported gastric pain higher than score 4 on days 1, 2, and 3.	In our experience, the use of a single-pill netupitant/palonosetron resulted to be very easy to administer and effective in reducing vomit, nausea, and gastric pain in 87%, 70%, and 73.4% patients respectively, ameliorating the post Elipse™ placements symptoms safely.
Ernesti I, lenca R, Basciani S, Mariani S, Genco A(2018) Effect of A New Swallowable Intra-gastric Balloon (Elipse™) on Weight Loss and Metabolic Syndrome. J Obes Nutr Disord: JOND-120. DOI: 10.29011/JOND-120.100020	42	Single-center Physical follow-up visits	29 women 13 men Mean age: 47.2 ± 10.3 Mean TW: 110.5 ± 21.9 kg Mean BMI: 39.2 ± 6.7 kg/m ² WC: 123.5 ± 16.9	Mean weight loss: 12.9 kg. %TBWL: 11.9%, %EWL: 27%, change in BMI: 4.5 kg/m ² , WC: 111 ± 16.2 cm Significant reduction in major comorbidities: blood pressure, WC, triglycerides, blood glucose and HOMA-IR index. No complication	The main finding of the present study was a significant BMI reduction and MS remission rate within 4 months of treatment instead of 6 months, as happen with other balloons.
Al-Subaie, S., Khalifa, S., Buhaimeid, W., & Al-Rashidi, S. (2017). A prospective pilot study of the efficacy and safety of Elipse intra-gastric balloon: A single-center, single-surgeon experience. International journal of surgery (London, England), 48, 16–22. https://doi.org/10.1016/j.ijsu.2017.10.001	51	Single-center 4 months duration	47 women (92%) 4 men (8%) Mean age: 33.6 (18-65) Mean TW: 83.9 ± 12.3 kg Mean BMI: 32.1 (27.3–39.7) Mean WC: 95.3 ± 9.2 cm	Total weight loss: 8.84 kg. %TBWL: 10.44%, %EWL: 40.84%, change in BMI: 3.42 kg/m ² , total WC reduction: 8.62 cm. 5 removals due to intolerance. 1 balloon vomited. 1 early deflation. Symptoms after insertion were severe, whereas those during excretion were mild and self-limiting. 0 SAE Overall satisfaction above average.	These data proves that Elipse is safe and effective for weight loss. Nevertheless, some limitations were observed that need to be overcome for better outcomes.
Genco, A., Ernesti, I., lenca, R., Casella, G., Mariani, S., Francomano, D., Soricelli, E., Lorenzo, M., & Monti, M. (2018). Safety and Efficacy of a New Swallowable Intra-gastric Balloon Not Needing Endoscopy: Early Italian Experience. Obesity surgery, 28(2), 405–409. https://doi.org/10.1007/s11695-017-2877-1	38	Single-center Phone follow-up	28 women 10 men Mean age: 46.4 ± 10.6 Mean TW: 109.7 ± 21.9 kg Mean BMI: 38.6 ± 6.7 kg/m ²	Mean weight loss: 12.7 kg. %TBWL: 11.6%, %EWL: 26%, change in BMI: 4.2 kg/m ² , Significant reduction in major comorbidities: blood pressure, WC, triglycerides, blood glucose and HOMA-IR index. No complication during balloon passage. 37 normal stool excretion, 1 endoscopic removal.	The results of this study on 38 consecutive patients demonstrate that the Elipse™ Balloon is safe, effective, and very well accepted by patients.
Raftopoulos, I., & Giannakou, A. (2017). The Elipse Balloon, a swallowable gastric balloon for weight loss not requiring sedation, anesthesia or endoscopy: a pilot study with 12-month outcomes. Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery, 13(7), 1174–1182. https://doi.org/10.1016/j.soard.2017.02.016	12	Single-center (Athens, Greece) 1Y follow-up	7 women 5 men Mean age: 41 mean BMI: 35.9 kg/m ² Mean weight: 103.5 kg Mean WC: 117.6 cm	Mean excess weight loss percentage and total weight loss percentage were 50.2% and 14.6% at balloon excretion and 17.6% and 5.9% at 12 months, respectively. There was a statistically significant improvement in patients' weight, BMI, body fat, waist circumference, diastolic blood pressure, HbA1c, cholesterol, thyroid stimulating hormone, aspartate transaminase, and alanine transaminase at balloon excretion. Quality of life was significantly improved at excretion and 12 months. No SAE reported	This study is the first to demonstrate 12-month efficacy and performance outcomes of the Elipse Balloon.
Alsabah, S., Al Haddad, E., Ekrouf, S., Almulla, A., Al-Subaie, S., & Al Kendari, M. (2018). The safety and efficacy of the procedureless intra-gastric balloon. Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery, 14(3), 311–317. https://doi.org/10.1016/j.soard.2017.12.001	135	Multi-center (3 in Kuwait) 4 months follow-up	111 Women 24 men Mean age: 33.5 Mean BMI: 33.7 kg/m ² Mean weight: 88.8kg	At 4 months: Mean WL: 13kg Mean BMI loss: 4.9 kg/m ² Mean TBWL: 15.1% 1 small bowel obstruction	This study aimed to evaluate the safety and effectiveness of the Elipse balloon in the largest population studied as of date. It was also able to demonstrate that it can be safely and successfully swallowed, filled, imaged, and passed. In addition, it effectively aided in weight loss, showing promising results.
Machyka, E., Gaur, S., Chuttani, R., Bojkova, M., Kupka, T., Buzga, M., Giannakou, A., Ioannis, K., Mathus-Vliegen, E., Levy, S., & Raftopoulos, I. (2017). Elipse, the first procedureless gastric balloon for weight loss: a prospective, observational, open-label, multicenter study. Endoscopy, 49(2), 154–160. https://doi.org/10.1055/s-0042-119296	34	Multi-center (2) Follow-up every 2 weeks	23 women 11 men Mean age: 42 (18-59) Mean BMI: 34.8 kg/m ² (27-40) Mean weight: 101.9 kg (73-134)	16 weeks follow-up: %TBWL: 10.0 % BMI Loss: 3.9 kg/m ² WC reduction: 8.4 cm Metabolic parameters: Reduction in HbA1c: 0.16% Mean LDL reduction: 9.7 mg/dL mean triglycerides reduction: 16.4 mg/dL SBP and DBP reduction: 9.6mmHg and 5.8mmHg Specifically, overall quality of life, physical function, self-esteem, sexual life, public distress, and work-related quality of life improved by 12.2, 12.9, 18.8, 7.7, 7.7, and 8.2, respectively. These values all are significant. Safety: No SAEs, all AE were anticipated.	These results demonstrate clinically significant weight loss with the Elipse, the first procedureless gastric balloon. The weight loss was similar to that seen in previous studies of endoscopically placed balloons. In addition, Elipse therapy led to improvements in waist circumference, several metabolic parameters, and overall quality of life.