

ASPIRE
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Welcome!

Hello!

Congratulations on beginning your weight loss journey with the AspireAssist® Aspiration Therapy System! We are thrilled that you have made the decision to regain your life and your health.

If you're like most AspireAssist patients, you've tried many other diets that haven't worked for you long-term. The AspireAssist is different. It will take real effort and commitment, but if you follow the basic principles, it can be the helping hand you need to achieve life-changing weight loss. Please read this booklet carefully to make sure you get the most out of your AspireAssist.

There are no restrictive diets with Aspiration Therapy. You can eat normal, healthy meals while continuing to lose one to two pounds per week. Over time, you will learn about portion control and the advantages of regular exercise.

We are always here to help throughout your journey. Should you need assistance, please contact your local authorized Aspire Bariatrics representative.

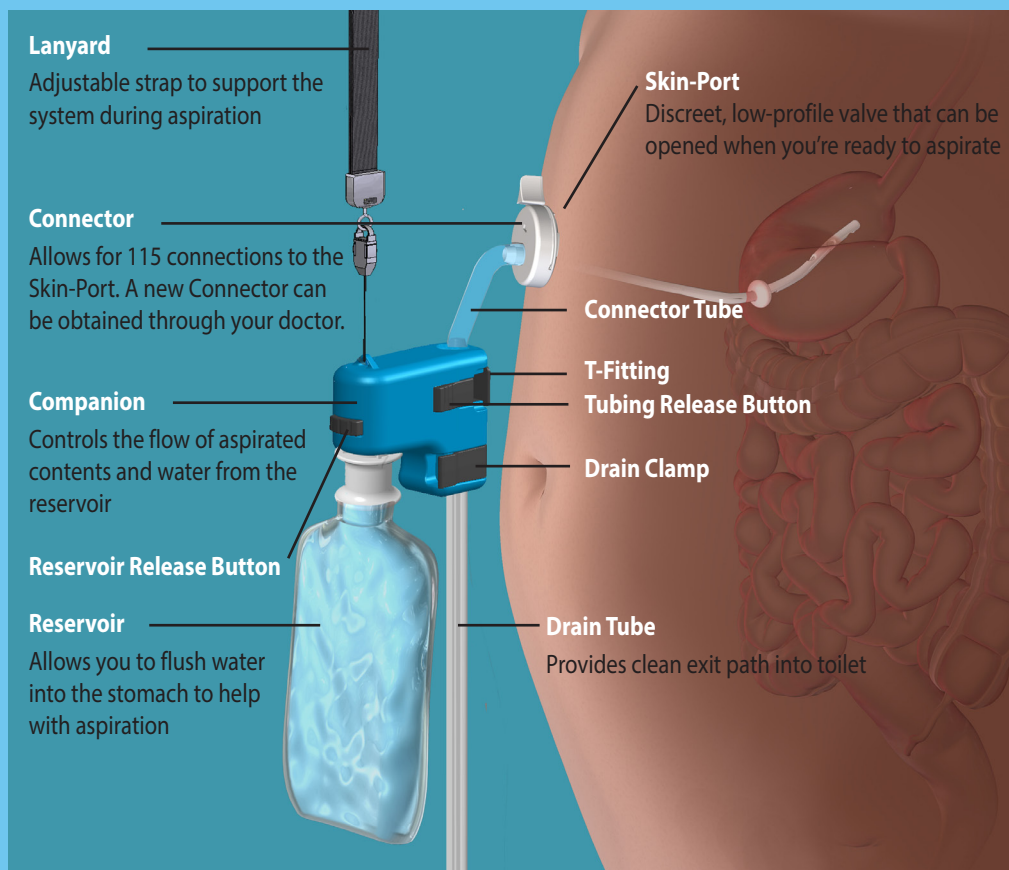
We wish you the best of luck on your weight loss journey with the AspireAssist!

Sincerely,

The Aspire Bariatrics Team

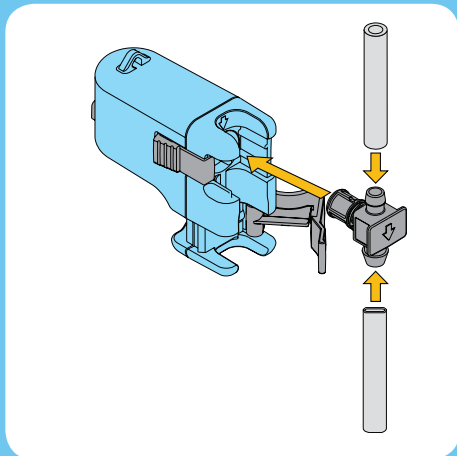
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Get to know the AspireAssist®



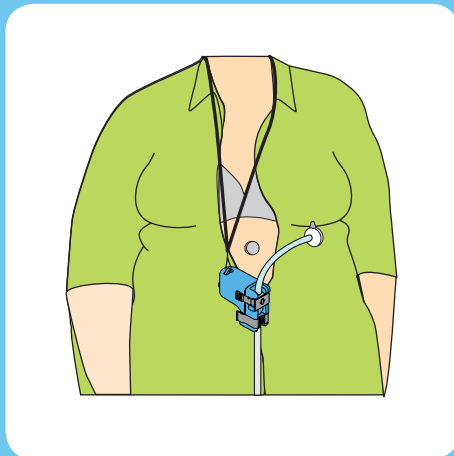
Setting up your AspireAssist

Step 1:



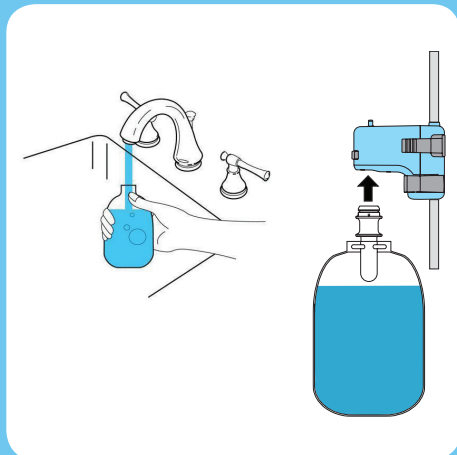
Attach the Connector Tube and Drain Tube to the T-Fitting, then insert into the Companion with the arrow pointing down.

Step 2:



Hang system around neck using the lanyard.

Step 3:



Fill the Reservoir with water, and attach it to the Companion.

Step 4:

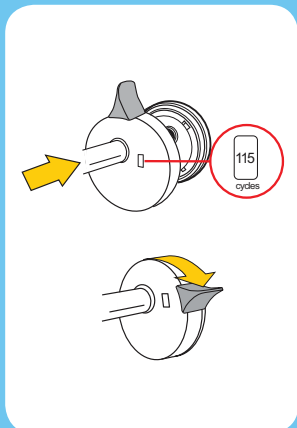


Position system over toilet, keeping drain tube above water level.

Using the AspireAssist

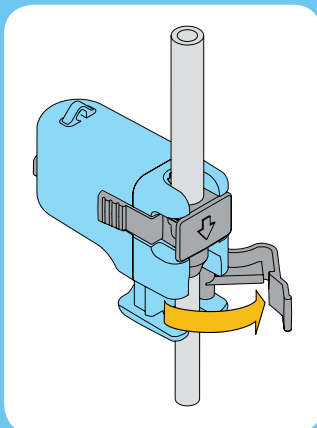
Operation

Step 1:



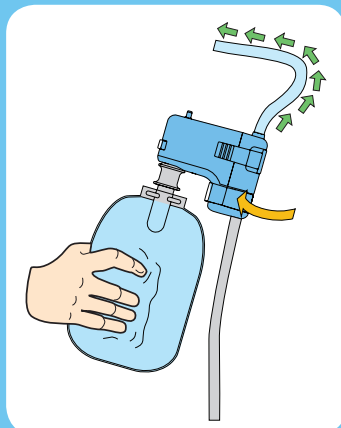
With the Drain Clamp closed, attach Connector to Skin-Port and rotate lever clockwise

Step 2:



Open Drain Clamp to begin draining.

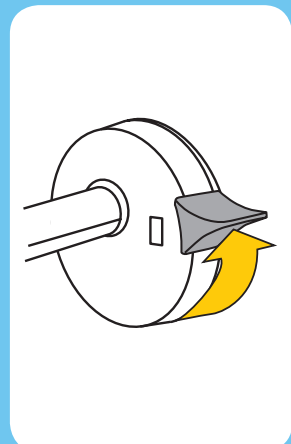
Step 3:



Once draining stops, close Drain Clamp and squeeze Reservoir to flush about a quarter of the water into the stomach. Repeat steps 2 and 3 until clear water flows out and your stomach feels empty.

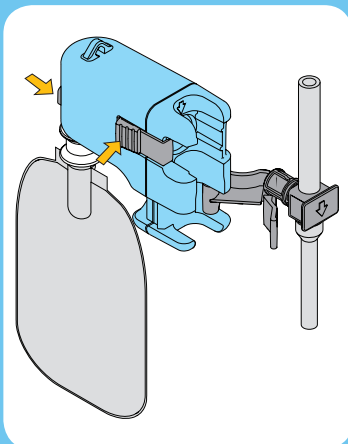
Disconnect and Rinse

Step 1:



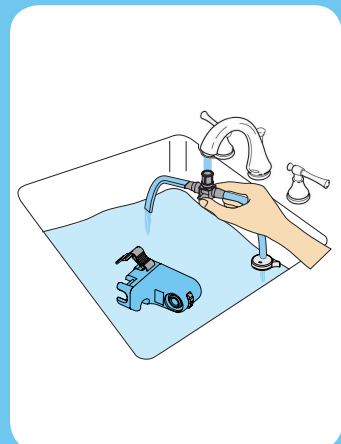
Rotate lever counter-clockwise to disconnect Connector.

Step 2:



Open Drain Clamp and press Tubing Release button to remove T-Fitting and tubing. Press reservoir release button to release Reservoir.

Step 3:



Rinse all components in the sink. Store in carry bag. *Note: See Users Manual for complete cleaning instructions.*

How it Works

Normally, after eating a meal, food travels to the stomach, where it is broken down into small pieces over one to two hours. Next, the food is moved into the intestines where the calories and nutrients are absorbed. The AspireAssist works by removing about 25-30% of the calories from your stomach twenty minutes after you eat.

Stay Committed

Eliminating some of the calories you eat will lead to dramatic weight loss. The most successful patients aspirate two to three times per day, after every major meal. Like any weight loss program, Aspiration Therapy takes commitment! It's not a magic bullet, but rather a tool for success. Make a plan now for when, and where, you will fit aspiration into your daily life.

Chew, Chew, Chew!

Remember that everything you eat needs to fit through the holes in the tube. This requires more time and patience than you might think at first, but it makes the aspiration process much easier (and it helps you eat slowly, so you'll feel full faster). You'll know you've chewed enough when the tube doesn't clog frequently and you can aspirate in 5-10 minutes.

Timing Matters

The ideal time to aspirate is about twenty minutes after you finish each meal. Aim for as close to twenty minutes as possible – consider setting an alarm to help you remember. If you do forget, remember that aspirating an hour later is still better than not aspirating at all!

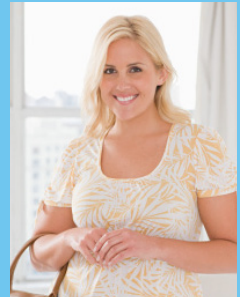
Minimize Snacking

Initially, you may feel hungry sooner as your body adjusts to the reduced calorie absorption. As snacks are not aspirated, it is important to minimize the number of snacks and eat healthy low-calorie snacks such as fruit or lean meats. Make sure you are eating meals on a regular schedule, so that you sit down for a healthy, balanced meal when you begin to feel hungry again.

Learning Curve

At first, you may have trouble getting the aspiration flow started. Don't be discouraged – over time, you will learn tricks to help the process. Here are a few to try:

- Squeeze abdominal muscles
- Squeeze and release the Connector Tube while draining
- Wait a few seconds after infusing water to allow it to mix with the food. Gently press on your stomach with your hands to help the mixing process.
- Drink a glass of water right before aspirating



- Gently rotate the Connector to move the tube's holes to a new position in your stomach

As you get more comfortable, it should take less time to aspirate. Remember to drink plenty of water throughout the day, and especially with meals. In addition to making you feel full sooner, water will help get the flow started when you aspirate.

Success Begets Success!

A lifestyle modification program will be provided with Aspiration Therapy through your healthcare provider. Through this program, you will learn about healthy eating choices and the importance of physical activity. Many patients find that the early weight loss with the AspireAssist helps them make these positive changes.

Medical Monitoring

Aspiration Therapy must be performed under careful medical supervision. Your physician will monitor your weight loss progress and your overall health very carefully in the first year and occasionally thereafter. Both weight loss and the aspiration progress can cause an imbalance in nutrients and electrolytes, so your doctor may prescribe medications such as a multivitamin and/ or an acid-reducing medication to ensure a proper balance. It is very important to take these medications regularly, and make sure you keep your scheduled physician check-ups. Remember that medications must be taken at least **two** hours before aspirating to make sure they are absorbed by the body.

Guidelines for Removing the AspireAssist

Some patients may wish to have the AspireAssist removed after they have reached their weight loss goals. If you have made dramatic changes to your lifestyle, this may be possible without weight regain. We recommend that all patients take a break from aspirating for at least two to three months before having the AspireAssist removed, to determine if they can maintain the weight loss without it. Many patients choose to keep the AspireAssist in place to ensure that they maintain their weight loss.

Troubleshooting

Please read the User's Manual completely before beginning Aspiration Therapy. Should you have any trouble that cannot be resolved with the information contained in the User's Manual, please contact your healthcare provider.





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