

Step-by-Step Preparation Guide

Everything you need to know before your procedure in Istanbul - TLBS Clinic .



Before you can book your Allurion procedure at our clinic, there is a structured preparation process to ensure you are the right candidate and that your procedure goes smoothly. This guide walks you through every step — from your first enquiry to the morning of your appointment.

YOUR PREPARATION JOURNEY

Before Your Procedure

1 Eligibility Assessment

The process begins with an eligibility assessment. You will be asked to complete a short questionnaire about your health history, current weight, and medical background. This allows our team to evaluate your suitability for the Allurion procedure before any further steps are taken.

2 Online Consultation with the Doctor

If required, or if you would like to speak directly with Dr. Erkam Tulubas before committing, an online video consultation can be arranged. This is an opportunity to ask questions, discuss your health profile, and receive a personalised recommendation.

3 Blood Tests

We will ask you to have a set of blood tests carried out and share the results with us. These serve two purposes: to confirm there are no contraindications for the balloon procedure, and to identify any underlying conditions that could affect your weight loss — so that additional treatment or a tailored dietary plan can be arranged if needed.

4 Stomach-Protective Medication (PPI)

Before the procedure, you will need to take a stomach-protective medication called a PPI (Proton Pump Inhibitor). The duration and dosage will be prescribed by the doctor based on your individual profile and blood test results. This is an essential part of your preparation and must not be skipped.

5 Your Appointment is Confirmed

Once all of the above steps are complete and the doctor has reviewed your results, your procedure date will be confirmed. You will receive full details about your appointment time and the address of our Istanbul clinic.

PROCEDURE DAY

On the Day of Your Procedure

6 Come Fasting — No Food for 12 Hours

You must arrive at the clinic on an empty stomach. Do not eat anything for at least 12 hours before your scheduled appointment time. You may drink small sips of water up until a few hours before.

7 Anti-Nausea Medication

There is an anti-nausea medication that must be taken before the procedure. You should purchase this medication in advance and bring it with you on the day. We strongly recommend purchasing it before you travel — it can be difficult to find in some countries. If you arrive without it, we can arrange it through a nearby pharmacy, it would be much easier than bringing it from home.

If you have any difficulty sourcing this medication before your trip, contact us — we will advise.

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What to Wear & What to Leave Behind

Before the procedure, detailed measurements will be taken. To ensure accurate readings, please follow these guidelines on the day of your appointment:

Day-of checklist

- No metal jewellery (rings, necklaces, earrings, piercings) No
- lipstick or lip products
- Comfortable, loose-fitting clothing recommended
- Anti-nausea medication — bring it with you if you bought it
- No food consumed in the last 12 hours
- Bring your blood test results if not already sent

Good news:

No special diet is required before the procedure. Simply follow your normal eating habits in the days leading up to your appointment — fasting only begins 12 hours before the procedure itself.

Questions? We are here to help.

Our international patient coordinators speak English and French and are available 7 days a week.

Dr. Erkam Tülübaş Clinic

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