

Summary of guidelines for the supplementation and blood monitoring of bariatric surgery patients

Full guidelines and patient information leaflet can be accessed via the Bariatric Surgery pages on the Musgrove Park Hospital website. They contain detailed supporting clinical advice and will be regularly updated as new evidence emerges - please continue to check for updates:

<https://www.somersetft.nhs.uk/bariatric-surgery/>

Lifelong nutritional supplementation

- **Following a gastric bypass and sleeve gastrectomy:**

- a. Forceval capsule, 1 twice daily (*on prescription*)
- b. Adcal D3, 1 twice daily or TheiCal-D3 **half** tablet, twice daily (*on prescription*)
- c. Ferrous gluconate, 300mg daily (*on prescription*)
- d. Vitamin B12 (hydroxycobalamin) 1mg 3 monthly, start 6 months post op (*IM injections at GP surgery*)
- e. Thiamine (vitamin B1) 50-100mg daily (*patient to purchase over the counter*) – first 2 years post-op only. Continue/restart if high risk.
- f. Vitamin D 25microgram, 1 twice daily (*patient to purchase over the counter*)

- **Following a gastric band:**

- a. Forceval capsule, 1 daily (*on prescription*)
- b. Adcal D3, 1 twice daily or TheiCal-D3 **half** tablet, twice daily (*on prescription*)
- c. Thiamine (vitamin B1) 50-100mg daily (*patient to purchase over the counter*) – first 2 years post-op only. Continue/restart if high risk.
- d. Vitamin D 25microgram, 1 twice daily (*patient to purchase over the counter*)

Please contact us for alternative advice if any of these preparations are contraindicated for your patient.

Please refer to the full guidelines and patient information leaflet for guidance on the use of alternative products.

Planning or during pregnancy

- We advise to plan pregnancy after 12-18 months of the operation, ideally once weight has stabilised.
- 5mg folic acid (on prescription) for at least 3 months pre-conception and up until the 13th week of pregnancy
- Those who have had a sleeve gastrectomy or gastric bypass should reduce their multivitamin, mineral and trace element (complete A-Z) supplement to one a day and ensure vitamin A is in beta carotene form (Forceval capsule is fine).
- All other supplements should remain the same unless advised otherwise.

Lifelong nutritional monitoring

We recommend the following **routine** nutritional blood tests as part of the shared care model for chronic disease management. More frequent monitoring may be necessary until stable and/or corrected.

SOMERSET GP's: You can order blood tests on order comms via: *Test Groups/ Bariatric Surgery/ Bariatric: Bypass or Sleeve or Band*

- Gastric bypass, sleeve gastrectomy and gastric band: **Every 3 months in the first year, yearly thereafter:**
 - Full blood count
 - Urea and electrolytes
 - Phosphate and magnesium
 - Liver function tests
 - Ferritin
 - Folate
 - Vitamin B12 (serum MMA recommended if available, consider history of B12 deficiency or pre-existing neuropathy)
 - Calcium
 - Parathyroid Hormone (PTH)

- Gastric bypass, sleeve gastrectomy and gastric band: **6-12 monthly in the first year, yearly thereafter:**
 - 25(OH) Vitamin D

- Gastric bypass only: **Once in the first year, yearly thereafter:**
 - Zinc
 - Copper
 - Vitamin A

- We recommend the following **extra routine** tests as per individual need:
 - If diabetes pre-surgery or clinically indicated: HbA1c (consider fasting glucose if anaemia) 6-12 monthly.
 - If known dyslipidaemia or concerns re. lipids: Fasting lipid profile 6-12 monthly
 - If low ferritin or clinical concern despite normal ferritin: Transferrin saturation

- We recommend the following **additional** nutritional bloods if there are clinical concerns about poor nutrition or lack of supplementation (please refer to our full guidelines for details on clinical indicators for tests).

SOMERSET GP's: You can order routine and additional blood tests on Order Comms via: *Test Groups/ Bariatric Surgery/ Bariatric: Nutritional Concern:*

- Vitamin A
- Vitamin E
- Vitamin K (INR)
- Zinc & copper
- Selenium

Planning or during pregnancy

- Those who are planning a pregnancy should have their routine and additional nutritional bloods tested (as above)
- Routine nutritional blood tests should be checked:
 - at least twice during pregnancy
 - 3 months postpartum
 - 3 monthly whilst breastfeeding.

SOMERSET GP's: You can order blood tests on order comms via: *Test Groups/ Bariatric Surgery/ Bariatric: Preconception/ pregnancy*

Interpretation of results/treatment of abnormal profiles

We are happy to advise on the interpretation of results and management of nutritional concerns.

Please direct queries to the Bariatric Dietitians:
bariatricsurgerydietitians@somersetft.nhs.uk