

Upper GI and Bariatric Update

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Handout #1

Long-Term GP Care of Bariatric Patients

Monitoring

Monitor	Frequency
Blood Biochemistry <ul style="list-style-type: none">• U&Es• FBC• Creatinine• Uric acid• PO4• HbA1c (if diabetes history)• Iron studies• B12• PTH• Calcium• Folate	At least annually
Weight	At every GP appointment <ul style="list-style-type: none">• Encourage patients to self-monitor weight and act on small changes (1-2kg) before they become out of hand• Know your patient's plateau weight and set a 'danger' level 1-2kg above this and encourage action when weight reaches this level

Recommended Supplementation

	Sleeve Gastrectomy	Gastric Bypass
Multivitamin	<p>1 x multivitamin per day, lifelong.</p> <ul style="list-style-type: none"> Funded Healtheries Multivitamin is not sufficiently broad spectrum. We recommend Centrum Women's (even for men) 	<p>1 x multivitamin per day, lifelong.</p> <ul style="list-style-type: none"> Funded Healtheries Multivitamin is not sufficiently broad spectrum. We recommend Centrum Women's (even for men)
Calcium	<p>1 x 500mg Calcium per day for;</p> <ul style="list-style-type: none"> patients under 25 years of age (still developing peak bone mass) consider during pregnancy patients with known bone mass issues <p>Should be taken separately to multivitamin, to optimise absorption</p>	<p>1 x 500mg Calcium per day</p> <p>Should be taken separately to multivitamin, to optimise absorption</p>
Vitamin D	<p>50,000IU monthly for patients at risk of Vitamin D deficiency through reduced sun exposure</p>	<p>50,000IU once per month</p> <ul style="list-style-type: none"> Ideally a daily dose is recommended, but this is not funded yet
Iron	<p>Monitor iron at least annually and supplement as required.</p>	<p>Patients with a bypass are at increased risk for iron deficiency.</p> <p>Monitor iron at least annually and supplement as required.</p>
Vitamin B12	<p>Monitor at least annually and supplement as required</p>	<p>Patients with a bypass are at increased risk for B12 deficiency.</p> <ul style="list-style-type: none"> Monitor at least annually and supplement as required
Other	<p>Further variation to the above recommendations is necessary for patients who are unable to meet their nutritional status with diet and supplements and during pregnancy.</p>	

General Principles of Eating after Bariatric Surgery

Principal	Details
Encourage a regular meal pattern	<p>Helps to avoid impulse eating Eat 3 meals per day with no snacks</p> <ul style="list-style-type: none"> • Snacking can contribute to weight regain • Snacks tend to be less healthy than main meals
Ensure nutritional density	<p>Encourage meals that are</p> <ul style="list-style-type: none"> • High in protein (about 50% of their intake should be protein, or 60g per day) • Plenty of vegetables • Small amounts of carbohydrate  <p>www.greatideas.net.au</p>
Encourage mindful eating to avoid 'non-hungry' eating	<ul style="list-style-type: none"> • Discourage eating whilst distracted such as in front of the TV / computer, in the car, or whilst working • Eat slowly, but meals should be finished within a maximum of 30 minutes • Stop eating as soon as they feel full
Avoid calorie-containing fluids	<p>Can contribute to weight regain</p> <ul style="list-style-type: none"> • Minimise smoothies / fruit juice / soft drink / energy drinks / excess milk / alcohol / sports drinks / 'nutribullet' drinks • Water is the fluid of choice • Tea / coffee in moderation
Alcohol consumption	<ul style="list-style-type: none"> • Alcohol can contribute to weight regain • Alcohol abuse is more common after bariatric surgery as patients may replace food with alcohol
Vitamin and Mineral Supplements	Encourage compliance
Exercise as able	<p>Encourage exercise in line with NZ MoH guidelines;</p> <ul style="list-style-type: none"> • Be active every day, in as many ways as possible. • Aim for at least 2 ½ hours of moderate (or 1 ¼ hours of vigorous) physical activity spread throughout the week.

When to refer back to the Bariatric Team

- Planned pregnancy / pregnancy post bariatric surgery
- Weight regain