

Laparoscopic adjustable gastric band (LAGB) procedure for obesity

Long-term follow-up following discharge from the bariatric service

Long-term nutrition and lifestyle advice for patients following LAGB surgery includes small regular meals, choosing food and drinks low in fat and calories. Soft or sloppy textured foods should be avoided. Regular activity is also encouraged to help with weight control.

Advice on long-term eating and lifestyle choices has been provided during the 2 year follow-up period with the Oxford Bariatric Service.

Following bariatric surgery provision of additional micronutrient supplementation and monitoring biochemistry is required to prevent long-term nutrient deficiencies.

Recommendations:

- Daily complete multivitamin and mineral supplementation (this can be bought over the counter in pharmacy or Forceval can be prescribed).
- Long-term calcium and vitamin D supplementation with daily Calcichew D3 Forte, Adcal D3 or Calceos (bd for maintenance dose, or tds if insufficiency/deficiency present; sufficiency range >50nmol/L for general population).
- As part of routine follow-up annual U&Es, LFTs, albumin, lipids and triglycerides, HbA1C and vitamin D status should be checked and supplemented accordingly.

Complications following LAGB placement include; slippage, enlarged pouch formation and erosion. Symptoms of a complication include;

- upper abdominal and chest pain
- difficulty swallowing
- regurgitation, vomiting and reflux (particularly nocturnal reflux).

Patients experiencing these symptoms should be referred to Oxford Bariatric Service.

Patients who are struggling to swallow liquids should be referred directly to the SEU at the John Radcliffe, or advised to attend their local A&E department where they may need a band deflation to relieve symptoms.

Patients who are experiencing weight gain, excessive hunger and lack of satiation may require a band adjustment and should be referred to the Oxford Bariatric Service.

Further details of the service, including referral information is available on:

<http://www.ouh.nhs.uk/services/departments/bariatric-surgery/default.aspx>