

## Laparoscopic Roux-en-Y gastric bypass (RYBG) procedure for obesity

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

Long-term nutrition and lifestyle advice for patients following RYGB surgery includes: small regular meals, choosing food and drinks low in fat and calories. 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).
- Life-long vitamin B12 injections (1 to 3 mg of hydroxocobalamin) will be required every 6 months (or every 3 months if levels are low; normal range 180-900ng/L).
- As part of routine follow-up annual FBC, U&Es, LFTs, haematinics, albumin, iron (and transferrin), vitamin B12, folate, PTH, HbA1C, lipids, triglycerides and vitamin D status should be checked and supplemented accordingly.
- For menstruating women consider supplementing additional iron based on their blood results.

Long-term potential complications with the RYGB include development of internal hernia; symptoms include abdominal pain and vomiting. Patients with suspected hernias should be referred surgical emergency unit at the John Radcliffe Hospital.

Following RYGB, if patients do not follow a long-term healthy eating and lifestyle plan, they will experience weight gain. The return of obesity-related co morbidities may occur and should be monitored e.g. obstructive sleep apnoea and type 2 diabetes.

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

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