

Laparoscopic sleeve gastrectomy (LSG) procedure for obesity

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

Long-term nutrition and lifestyle advice for patients following LSG 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 for the patient during the 2 year follow-up period with the Oxford Bariatric Service.

Following bariatric surgery provision of additional micronutrient supplementation and monitoring biochemistry are 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.

There is limited information regarding long-term complications following LSG, however if your patient is experiencing severe abdominal pain, unresolved vomiting or excessive acid reflux they can be referred to the Oxford Bariatric Service, or may require a referral to the SEU at the John Radcliffe Hospital.

Following LSG, 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>