



## Recommendations for Post-Operative Bariatric Patients

The Center for Weight Reduction encourages our patients to have regular follow-up with our providers after surgery. If this is not possible, please fax labs, clinic visits, and weight measurements to 574.537.1034. Our providers are happy to assist, when you have questions.

Roux-en-Y Gastric Bypass	Sleeve Gastrectomy	Lap Gastric Banding
<b>Recommended Labs</b>		
<b>Frequency:</b> <ul style="list-style-type: none"> <li>• 3, 6, &amp; 12 months</li> <li>• Annually*</li> </ul>	<b>Frequency:</b> <ul style="list-style-type: none"> <li>• 3 months</li> <li>• Annually*</li> </ul>	<b>Frequency:</b> <ul style="list-style-type: none"> <li>• Only if pre-op labs are abnormal</li> </ul>
<b>Chemistry Test Panels</b> <ul style="list-style-type: none"> <li>• Fasting (8 hours)*</li> <li>• Comprehensive Metabolic*</li> </ul> <b>Chemistry Routine Tests</b> <ul style="list-style-type: none"> <li>• Iron/TIBC Panel*</li> </ul> <b>Chemistry Miscellaneous</b> <ul style="list-style-type: none"> <li>• B12*</li> <li>• Folate – Serum*</li> <li>• B1*</li> <li>• Vitamin D 25 Hydroxy*</li> </ul> <b>Hematology</b> <ul style="list-style-type: none"> <li>• CBC with Differential*</li> </ul>	<b>Chemistry Test Panels</b> <ul style="list-style-type: none"> <li>• Fasting (8 hours)</li> <li>• Comprehensive Metabolic</li> </ul> <b>Chemistry Routine Tests</b> <ul style="list-style-type: none"> <li>• Iron/TIBC Panel</li> </ul> <b>Chemistry Miscellaneous</b> <ul style="list-style-type: none"> <li>• B12*</li> <li>• Folate – Serum</li> <li>• B1</li> <li>• Vitamin D 25 Hydroxy</li> </ul> <b>Hematology</b> <ul style="list-style-type: none"> <li>• CBC with Differential*</li> </ul>	
<b>Vitamin Supplementation</b>		
<ul style="list-style-type: none"> <li>• Opti-Source Chewable Vitamin and Mineral Supplement 4x/day plus calcium citrate 250-500mg daily</li> <li>• <u>Or</u> Opurity Bypass Optimized Multivitamin 1x/day plus calcium citrate 1350 mg daily</li> </ul>	<ul style="list-style-type: none"> <li>• Chewable adult vitamin 2x/day and Vitamin B12 supplement 500mcg daily</li> <li>• <u>Or</u> Opurity Bypass Optimized Multivitamin 1x/day</li> <li>• Calcium citrate 800-1300mg daily PRN</li> </ul>	<ul style="list-style-type: none"> <li>• Chewable adult vitamin 1x daily</li> <li>• Calcium citrate supplement PRN</li> </ul>
<b>Medications to Avoid</b>		
<ul style="list-style-type: none"> <li>• Aspirin and products containing aspirin</li> <li>• NSAIDS</li> <li>• Extended release medications</li> <li>• Medications that potentially cause stomach irritation should be avoided due to risk of ulceration.</li> </ul>		
<b>Medication Administration</b>		
<ul style="list-style-type: none"> <li>• Liquid preparations or medications that can be crushed or capsules that can be opened and placed on a bite of food (check with the pharmacist) to increase absorption.</li> <li>• Medications that are small, i.e. the size of the tip of an ink pen may be swallowed whole. Larger pills are sometimes tolerated if placed in a bite of yogurt.</li> </ul>		

Information is current as of 9/05/2013 and is subject to change without notice.