

Blood testing after gastric bypass or sleeve gastrectomy:

Blood test / Procedure	Frequency
HbA1c and/or FBG in patients with preoperative diabetes	Monitor as appropriate
Lipid profile	Monitor in those with dyslipidaemia
U+E, LFT, FBC, ferritin, folate, calcium, vitamin D, PTH	3, 6 and 12 months in first year. Annually
Thiamine	Routine blood monitoring of thiamine is not required but clinicians should be aware that patients with prolonged vomiting can develop acute thiamine deficiency, which requires urgent
Vitamin B12	6 and 12 months in first year. Annually No need to monitor if patient has intramuscular vitamin B12 injections
Zinc, copper Gastric bypass only	Annually. Monitor zinc if unexplained anaemia, hair loss or changes in taste acuity. Monitor copper if unexplained anaemia or poor wound healing. Note
Vitamin A Gastric Bypass only	Measure if concerns regarding steatorrhoea or symptoms of vitamin A deficiency e.g. night blindness Annually May need to monitor more frequently in pregnancy
Vitamin E, K Gastric Bypass only	Measure vitamin E if unexplained anaemia, neuropathy. Consider measuring INR if excessive bruising / coagulopathy as may
Selenium Gastric Bypass only	Monitor if unexplained fatigue, anaemia, metabolic bone disease, chronic diarrhoea or heart failure

Vitamin and mineral Supplements after gastric bypass/sleeve gastrectomy

Vitamin and minerals	
<p>Multivitamin and mineral supplement should include;</p> <ul style="list-style-type: none"> <input type="checkbox"/> iron <input type="checkbox"/> selenium <input type="checkbox"/> 2 mg copper (minimum) <input type="checkbox"/> zinc (ratio of 8-15 mg zinc for each 1 mg copper) 	<p>The following meet these requirements (August 2014):</p> <ul style="list-style-type: none"> · one daily Forceval (soluble and capsule) · “Over The Counter” complete multivitamin and mineral supplement, <p>two daily e.g. Sanatogen A-Z Complete, Superdrug A-Z multivitamins and minerals, Tesco Complete multivitamins and minerals, Lloydspharmacy A-Z multivitamins and minerals</p>
Preconception and pregnancy	
<p>Iron</p> <p>45 to 60 mg daily</p> <p>100 mg daily for menstruating</p>	<p>200 mg ferrous sulphate, 210 mg ferrous fumarate or 300 mg ferrous gluconate daily</p>
<p>Folic acid</p> <p>Contained within multivitamin and mineral supplement</p> <p>Pregnancy and preconception.</p>	<p>Encourage consumption of folate rich foods</p> <p>If deficient, check compliance with multivitamin and mineral supplement. If compliant, check for vitamin B12 deficiency before recommending additional folic acid supplements. Additional folic acid (prescribed or over the counter) if deficient. Recheck folate levels after 4 months.</p>
Vitamin B12	<p>Intramuscular injections of 1mg vitamin B12 three monthly</p> <p>N.B. sleeve gastrectomy patients may need less frequent</p>
Calcium and Vitamin D	<p>Ensure good oral intake of calcium and vitamin D rich foods</p> <p>Continue with maintenance doses of calcium and vitamin D as identified preoperatively</p> <p>Treat and adjust vitamin D supplementation in line with National Osteoporosis</p>
Fat soluble vitamins A, E and K	Sufficient contained within vitamin and mineral supplement
Zinc and copper	<p>Sufficient contained within multivitamin and mineral supplement</p> <p>If additional zinc is needed, ratio of 8 to 15 mg zinc per 1 mg</p>
Selenium	<p>Sufficient contained within multivitamin and mineral supplement.</p> <p>If required, additional selenium may be provided by two to three Brazil nuts a</p>
Thiamine	<p>Sufficient contained within multivitamin and mineral supplement.</p> <p>If patient experiences prolonged vomiting always prescribe additional thiamine (thiamine 200–300 mg daily, vitamin B co strong 1 or 2 tablets, three times a</p>

Blood Testing after Gastric Banding

Vitamin and minerals recommended	
Multivitamin and mineral supplement	Forceval or over the counter “complete” multivitamin and mineral supplement, one daily
Thiamine	If patient experiences prolonged vomiting always prescribe additional thiamine (thiamine 200–300 mg daily, vitamin B co strong 1 or 2 tablets, three times a day) and urgent referral to bariatric centre. Those patients who are symptomatic or
Vitamin D, Iron	Continue with maintenance doses if required

Vitamin and mineral supplements after Gastric Banding

Vitamin and minerals recommended	
Multivitamin and mineral supplement	Forceval or over the counter “complete” multivitamin and mineral supplement, one daily
Preconception and pregnancy	Additional folic acid (5 mg) preconception and first 12 weeks of pregnancy. Safe to continue with Forceval as vitamin A is in beta
Thiamine	If patient experiences prolonged vomiting always prescribe additional thiamine (thiamine 200–300 mg daily, vitamin B co strong 1 or 2 tablets, three times a day) and urgent referral to bariatric centre. Those patients who are symptomatic or where there is
Vitamin D, Iron	Continue with maintenance doses if required.