

Blood tests and nutritional supplements following gastric bypass or sleeve gastrectomy

- Having a gastric bypass or sleeve gastrectomy changes the way you absorb certain nutrients.
- It is vital to take specific nutritional supplements for the rest of your life to reduce the risk of nutritional deficiencies.
- It is also vital that you have regular blood tests so that nutritional deficiencies can be detected and treated.
- Your GP can arrange blood tests and prescribe some nutritional supplements for you, **but it is your responsibility to organise this.**

Blood test calendar

Keep hold of this sheet and fill in table as you go.

Example of patient having operation in January 2015.

Blood Test	Before operation	After	
		3 months	6 months
Date	Jan 2014	April 2015	July 2015
Full blood count	✓	✓	✓
Urea and electrolytes	✓	✓	✓
Ferritin	✓	✓	✓
Folate	✓	✓	✓
Vitamin B12	✓		

Blood test	Before operation	After operation			
		3 months	6 months	12 months	2 years**
Date					
Full blood count					
Urea and electrolytes					
Ferritin					
Folate					
Vitamin B12					
Adjusted calcium					
25-hydroxy vitamin D					
Parathyroid hormone			Only if calcium levels abnormal	Only if calcium levels abnormal	
Zinc and copper					

****These blood tests should then be repeated once every 12 months for monitoring purposes**

Nutritional supplements

- For the first week after surgery, take a liquid multivitamin once a day (these will be prescribed to you on discharge – Abidec) then move on to swallowing solid nutritional supplements.
- You might need to buy your multivitamin from a shop or chemist. Your GP should prescribe the other supplements.
- It is important that you take a high quality multivitamin that also contains minerals and is “complete” – this means it gives you all the right vitamins and minerals in the right amounts.
- If your blood tests indicate low levels of vitamins or minerals, you may need to take extra supplements – these will be advised by your dietitian, nurse or GP.

Supplement	Example of Brand/Type	Where to get it?	How much to take?	How often?
Complete A-Z multivitamin and mineral.	Forceval, Holland and Barrett ABC Plus, Healthspan MultiVitality 50 Plus. Some brands, e.g. supermarket own brands, have lower levels of copper; 2mg per day is recommended. Check the label as you may need to take 2 tablets per day or ask your GP to check your blood copper levels annually.	Buy from e.g. Boots, Holland and Barrett, chemist (may be prescribed by your GP).	One a day (2 may be needed if copper levels are less than 2mg per tablet).	Every day, for life.
Calcium + vitamin D3 combined supplement	Cacit D3. (Adcal or Calcichew D3 Forte may also be prescribed but may not be absorbed as well as Cacit D3 – please discuss with your GP)	Prescribed by your GP.	1000/1200mg calcium and 20/22µg Vit D3 per day - usually 2 tablets/sachets per day	Every day, unless advised otherwise.
Vitamin B12 injection.	Hydroxocobalamin.	Prescribed by your GP and administered by a medical professional.	1mg injection.	Every 3 months. (1 st injection usually given at 6 months post op)
Iron supplement.	Ferrous fumarate.	Prescribed by your GP.	1 tablet (210mg) Daily Or 1 tablet twice daily (420mg) for pre menopausal women.	Every day, unless advised otherwise

Contact us

If you have any questions, please contact your Bariatric Dietitian: 0118 322 7116

Useful websites

British Obesity Surgery Patient Association: www.bospauk.org

Weight Loss Surgery Information: www.wlsinfo.org.uk

For more information about the Trust, visit our website www.royalberkshire.nhs.uk

This document can be made available in other languages and formats upon request.

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