Current Topics in Bariatric Surgery

Carrie Krieger, PharmD, RPh, BCACP
Mayo Clinic, Rochester, MN
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Objectives

- Describe sleeve gastrectomy and its place in therapy
- Recognize complications of Roux-en-Y gastric bypass and develop a plan to prevent or treat them
- Address supplementation issues after surgery

Sleeve gastrectomy

http://www.baybariatrics.com/procedures/sleeve-gastrectomy
Sleeve gastrectomy
- Staged procedure for duodenal switch
- History of nephrolithiasis
- NSAID users
- Liver disease
- Less weight loss required/desired

Complications of Roux-en-Y
- Vitamin and mineral deficiencies
- Hair loss
- Diarrhea - rare
- Hypoglycemic syndrome
- GI ulcers

Complications of Roux-en-Y
- Weight regain
- Nephrolithiasis
Supplementation after Roux-en-Y
- Calcium
  - carbonate versus citrate
- Iron
- Vitamin B12 (cyanocobalamin)
  - injectable versus oral, nasal

Supplementation after Roux-en-Y
- Thiamin
- Multivitamin

Monitoring
- Lab tests
  - 3 months, 6 months, and annually thereafter
- Efficacy
  - blood pressure, blood glucose, mood, etc.
- New onset symptoms
Case

CS is a 48 year old white female, BMI 38, who presents for medication review prior to bariatric surgery consult.

- metformin 1000 mg twice daily
- duloxetine 60 mg once daily
- ibuprofen 400 to 600 mg prn
- atorvastatin 10 mg daily

Discussion & Questions

References

- Kushner RF, Cummings S. Overview of medical management of patients after bariatric surgery. In: UpToDate, Jones D, Lipman TO (Ed), UpToDate, Waltham, MA. (Accessed on August 18, 2014.)