

Peri-operative and Post-operative Medication for Bariatric Surgery - Summary Clinical Guideline

Reference No: CG-PHARM/2020/007

For a summary on post-operative medication for bariatric patients please see the guideline below. For further information see the full clinical guideline.

VTE prophylaxis

Inpatient enoxaparin dosing for bariatric inpatients after surgery	
Weight (kg)	Enoxaparin dose
<100kg	40mg OD (6pm)
>100kg	40mg BD

*A stat dose of enoxaparin is given at 10pm post op unless instructed otherwise in the post op notes.

Thromboprophylaxis at discharge – to complete a 14 day course from date of surgery

Enoxaparin dosing for bariatric patient at discharge	
Weight (kg)	Enoxaparin dose
<100kg	40mg OD
100kg- 150kg	60mg OD
>150kg	80mg OD

TEDS

If patients are able to wear TEDS and have correctly fitting TEDS they are discharged with these and advised to wear them for 2 weeks.

Nutritional supplements

Nutritional supplement	Surgical procedure			Medication	Duration
	Sleeve gastrectomy	Gastric bypass	Gastric band		

Multivitamin and mineral	Yes	Yes	Yes	Forceval 1 OD	Lifelong
Zinc and copper	Yes	Yes	Yes		
Selenium	Yes	Yes	Yes		
Folate (as part of a multivitamin)	Yes	Yes	Yes		
Iron	Yes	Yes	No	Ferrous fumarate 210mg OD	Lifelong
Vitamin B12	Yes	Yes	No	Vitamin B12 injection – 3-monthly via GP.	Lifelong
Calcium + Vitamin D	No	Yes	No	Adcal-D3 tablets 2 OD for gastric bypasses.	Lifelong
Vitamin D	Yes	No	No	Colecalciferol 800units - 1000units daily for sleeve gastrectomy.	Lifelong

Analgesia

Paracetamol 1g QDS

Codeine 30mg to 60mg QDS PRN

Anti-emetics

Ondansetron 4mg TDS for 5 days

Cyclizine 50mg TDS for 5 days (sleeve gastrectomy only)

Laxatives

Senna 15mg ON for 5 days

Other medication

Simethicone 200mg (5ml) TDS for 3 days (to help get rid of excess wind post-op for sleeve gastrectomies and gastric bypasses only)

Omeprazole 20mg OD (12months or patient's usual PPI if already on) for sleeve and bypass. Only for 6 weeks postop for gastric band.

Ursodeoxycholic acid 500mg BD 6 months (if gallbladder in situ & not known gallstones) for sleeve and bypass only.