

Post bariatric surgery patients

In line with government advice we have been advised to cancel all but our urgent appointments. We are however able to provide dietetic advice and support for urgent queries if you feel you require it. In the first instance we will try and do this by telephone.

To assist the Dietetic Service, please contact the department if:

1. You are vomiting more than 3 times per week
2. You are struggling to drink more than 1 litre (2 pints) of fluid per day
3. You have a question or concern that you would like to discuss with the dietitian, e.g. you are struggling to eat.
4. You are currently being tube fed or have recently been discharged from hospital
5. You are pregnant

Please note: **our aim is to avoid the need for hospital admissions**, therefore if you have a concern please do contact the dietetic team in the first instance on 01274 365108. The team will be available Monday-Friday (8:30am – 4:30pm) an answerphone is available outside of these times and we will call you back as soon as we are able.

We have included some information you may find helpful during this time and will make you another appointment as soon as we are able. Alternatively you can contact us to arrange a routine appointment once the government have removed social distancing restrictions regarding COVID-19.

How you can support yourself at home

Join: Bradford Bariatric Support Group on Facebook (e-mail: bbsg@hotmail.co.uk). The bariatric dietitians will be updating the support group with helpful information

Read: The Bariatric Bible (Ball) & Living with Bariatric Surgery (Radcliffe)

Download: Baritastic app, Baribuddy app

View: www.bariatriccooking.com , www.wlsinfo.org.uk , www.gastricguru.com

Vitamin B12

During this time you may find you are unable to access timely vitamin B12 injections. As per national guidelines, if you miss your regular injection we suggest the use of oral vitamin B12 as an interim measure. Your GP may prescribe this but it may be unavailable and therefore we recommend you buy some over the counter supplements.

Where can I buy oral vitamin B12?

You may wish to source oral vitamin B12 as below but other suppliers may also be available. Dose: 1000 micrograms (μg) per day (Details are correct at the time of writing)

Holland and Barrett (<https://www.hollandandbarrett.com>)

These are available to order online or by telephone.

By telephone - call 0330 058 2025 and select 'option 0'.

Opening times for calls are 8:30am - 8:00pm Monday to Friday, 9:00am - 5:00pm on Saturday and 10:00am - 5:00pm Sunday

Free standard delivery on orders over £25 otherwise £2.99 for delivery

- Vitamin B12 100 Tablets 500microgram - take two daily
- Timed Release Vitamin B12 100 Tablets 1000 micrograms - take one daily
- Solgar Vitamin B12 1000microgram 100 Nuggets - take one daily

Myprotein (www.myprotein.com)

£3.99 delivery charge

- Vitamin B12 1000microgram 60 tablets - one daily