

## POST BARIATRIC SURGERY WARD PROTOCOL

Day	Gastric Bypass or Sleeve Gastrectomy
Day 0 (Post operation)	<ul style="list-style-type: none"> <li>Gastric bypass - 30's orally</li> <li>Sleeve gastrectomy – nil by mouth</li> <li>IV fluids (as per surgeon preference)</li> <li>Lansoprazole fast-tab 30mg daily</li> </ul> <ul style="list-style-type: none"> <li>Refer type 1 diabetic patients to the diabetes team via EPR referral</li> </ul>
Day 1	<ul style="list-style-type: none"> <li>Check U&amp;Es and FBC before 8am</li> <li>Commence <b>'Stage One: Starting on Fluids' protocol</b></li> <li>Physiotherapy review</li> <li>Encourage early mobilisation</li> </ul>
Day 2	<ul style="list-style-type: none"> <li>Continue <b>'Stage One: Starting on Fluids' protocol</b></li> <li>Discharge day 2</li> </ul>
On Discharge	<p style="text-align: center;"><b>Continue 'Stage One: Starting on Fluids' protocol for 4 weeks</b></p> <ul style="list-style-type: none"> <li><b>Diet</b> <ol style="list-style-type: none"> <li>1) Give patient a copy of 'Stage One: Starting on Fluids' protocol</li> <li>2) Ensure dietitian is informed of patient discharge</li> <li>3) Advise patient that dietitian will ring them on the next working day for review</li> </ol> </li> <li><b>Other teams:</b> Ensure diabetes team has reviewed prior to discharge if required.</li> <li><b>Medication for TTO's</b> <ol style="list-style-type: none"> <li>1) Lansoprazole fast tab 30mg OD; required for 3 months post-surgery (GP to provide 2 month supply after initial 1 month supply from hospital).</li> <li>2) Prophylactic tinzaparin (dosed by weight) for 14 days post-op. 4500units OD for &lt;109 kg, 7000 units OD for 110-149kg and 9000 units OD for &gt;150kg</li> <li>3) Document on the TTO that GP is to prescribe vitamin B12 injections every 3 months (lifelong treatment)</li> </ol> </li> </ul> <p>Patients will be advised pre-operatively to take a chewable OTC multivitamin before surgery and for the first 2 weeks post-surgery. The bariatric outpatient dietitian will advise patient on longer term vitamin and mineral supplementation once they are discharged home.</p> <p>Please speak to the ward pharmacist if the patient takes any regular medication, these may need to be altered/adjusted post-op.</p>

Version: 2	Updated by: Michelle Soobayah (Bariatric dietitian, Rebecca McLernon (Surgical pharmacist)	Review date October 2025
Approval date: October 2022	Approved by: Drug & Therapeutics Group	