

Bariatric multivitamins as part of pre-surgery protocol leads to improved tolerance post operatively.

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I have the following potential conflicts of interest to report:

East Sydney Private Hospital

Fitforme Australia



Background

- All patients are required to take a multivitamin supplement post operatively regardless of surgery type
- Patient adherence to recommendations is poor long term.
- Factors relating to non-compliance include
 - patient related
 - supplement related
 - economic factors
 - surgery related
- In Australia there is no recommendation to begin in the pre-operative phase



Objectives

The study aimed to:

- analyse patient's tolerance to bariatric multivitamins
- compare tolerance post operatively based on their pre-operative supplement prescription
- Determine the benefit of starting a multivitamin preoperatively to improve patient tolerance



Methods

- A single private practice clinic
- 119 patients included
- Patients were recommended to start a bariatric multivitamin or continue their current supplement at least 1 month prior to surgery.
- Post surgery patients were recommended to begin a bariatric multivitamin
- Reviewed post surgery on their compliance, tolerance and side effects



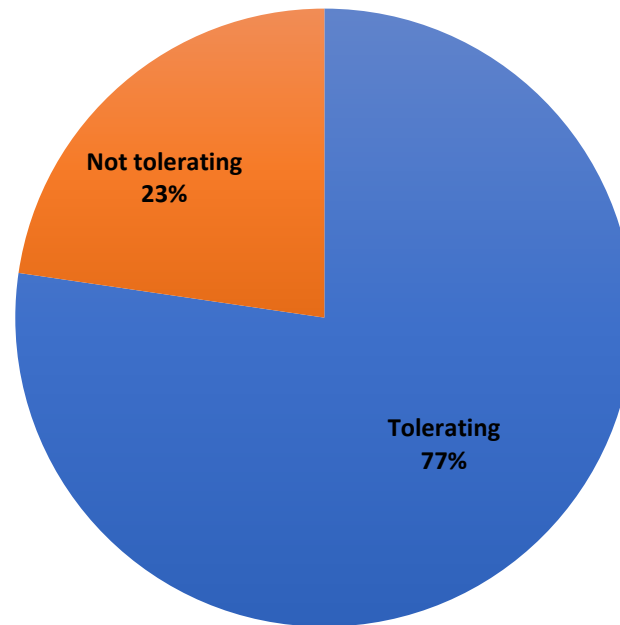
Results

- 180 patients underwent surgery
- 116 were included in the study

Mean data		
Age	43.3 years	(19-70 years)
% female	83 %	n = 98
% male	17%	n = 21
MVS pre operatively - Commenced	51 %	n = 61
- Did not commence	49 %	N = 58

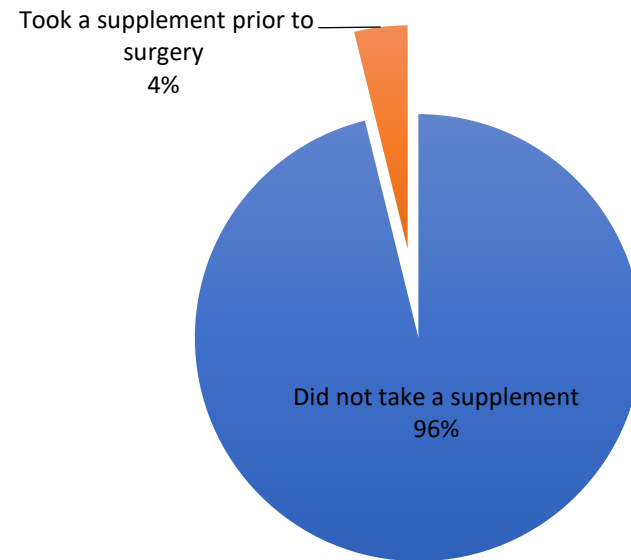
Results

Post-operative tolerance to a bariatric multivitamin supplement



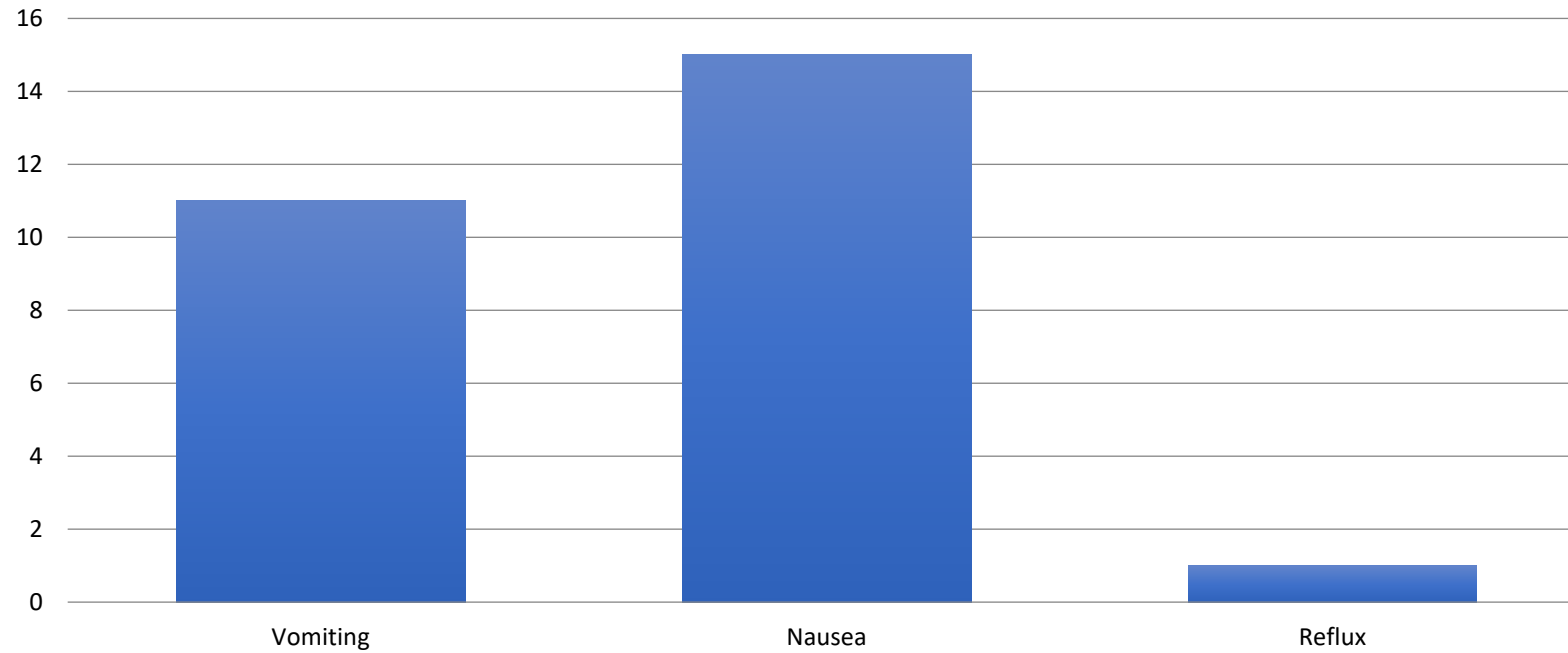
Results

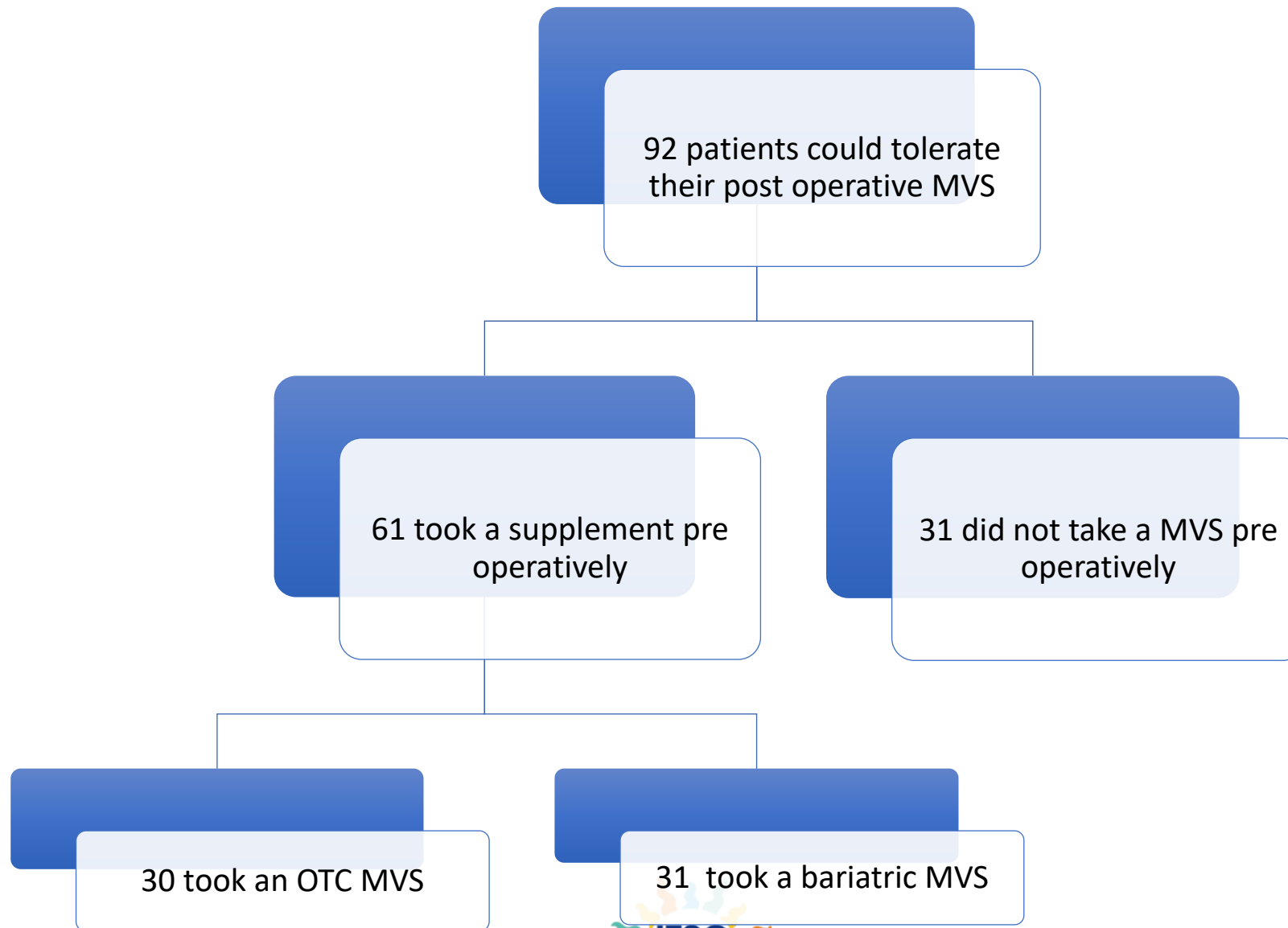
Patients unable to tolerate bariatric multivitamin supplement



Results

Symptoms





Results

Patient T

- 45 year old female
- Always taken an over the counter supplement
- Started a bariatric multivitamin 4 months prior to surgery
- At 2 week post op consultation was tolerating bariatric multivitamin
- By 3 month consultation was no longer tolerating
- By 6 months began to tolerate ½ dose of bariatric multivitamin
- By 9 months was able to tolerate completely as a split dose



Conclusion

- Patients often report ceasing multivitamin supplements due to gastro-intestinal complaints
- Starting or continuing a multivitamin pre-surgery improved overall tolerance and early acceptance of the bariatric multivitamin
- Consideration to develop a pre-operative multivitamin protocol



Future Studies

- Continue to monitor patients longer term to assess if early acceptance leads to longer term compliance
- Compare patient groups individual nutritional status of patients pre and post operatively

