

One Anastomosis Gastric Bypass in a Woman with Type 1 Diabetes Unaware of Pregnancy

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[X] I have no potential conflict of interest to report

CASE REPORT

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Successful pregnancy and weight loss



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Case Report

Unrecognized pregnancy prior to bariatric surgery: case report and review of implications

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A woman unknowingly pregnant underwent **LSG**, delivered a **healthy full-term baby**, and achieved significant weight loss (**94.4% EWL**). (1)
A woman underwent a **RYGB**, and an **intrauterine pregnancy** was incidentally discovered on an abdominal ultrasound. Patient elected to **terminate the pregnancy**. (3)

Pregnancies occurring within **six months** of LSG are associated with a **higher rate of small for gestational age (SGA) infants**, emphasizing the importance of delaying conception and ensuring effective contraception during the early post-operative period. (2)

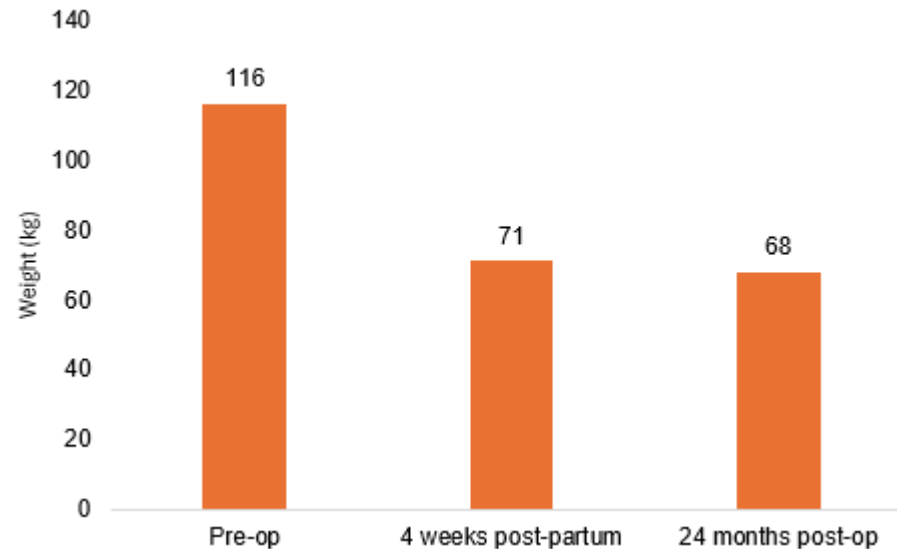
Case presentation

- A 32-year-old patient, with a history of T1DM and severe obesity (BMI 45) as well as previous preterm labour, underwent OAGB + Minimizer[®] ring insertion.
- At two weeks post-op, she discovered her pregnancy (estimated gestation age at the time of operation: 4 weeks)
- Potential risks associated with early pregnancy after bariatric surgery were discussed in detail with the patient and she opted to continue with her pregnancy.

Management & Outcome

- Despite concerns regarding surgical impact and nutritional deficiencies, the patient underwent (planned) caesarean section at 36 weeks' gestation and delivered a healthy baby boy
- **Weight 116 kg (90th percentile)** used on optimizing maternal and fetal health throughout the pregnancy.
- Patient continued to lose weight over the follow up period (24 months)
- Regular follow up with Obstetrician Endocrinologist Dietitian as well as bariatric surgeon.

- Remained on **usual diet**
- **Normal fetal growth**
- **Hypoglycaemic event**



Weight loss by patient at home)

Figure 1. Pre & post-operative weight loss result

Result

- Patient achieved **optimal clinical response** with regards to weight loss (41%)
- **Insulin requirements** and HbA1C were **significantly less** on follow up in 24 months.
 - HbA1c 9.5% to 6.4%
 - Insulin requirement reduced
- **No complications** occurred in the peri-operative period and up to 24 months follow up.
- **Quality of life (SF-36 questionnaire)** significantly improved at 24 months compared to preoperative period.

Conclusion

This case report highlights the necessity for vigilant monitoring and multidisciplinary approach in management of pregnancy post bariatric surgery, emphasizing the importance of early detection and intervention to optimize maternal and fetal well-being.