

PREGNANCY POST MBS

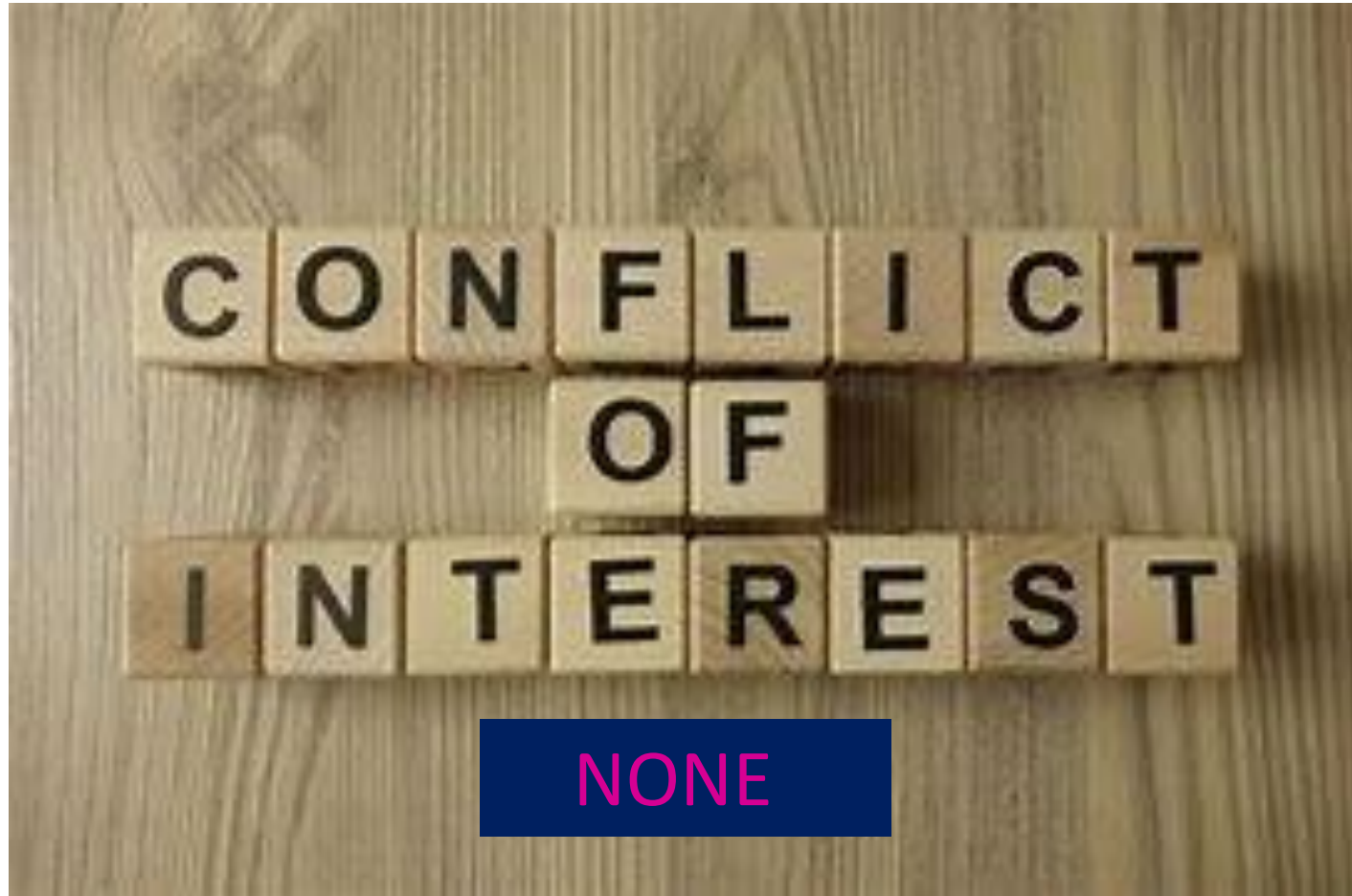
A real world perspective

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Patient experience of pregnancy post MBS



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Original article: integrated health

Knowledge, attitudes, and behaviors of women during pregnancy after bariatric surgery

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[Eur J Midwifery](#). 2022; 6: 52.

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Women's experiences of pregnancy after gastric bypass surgery

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Experiences and information needs of women who become pregnant after bariatric surgery: An interpretive descriptive qualitative study



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Review Article

Women's experiences of pregnancy and lactation after bariatric surgery: A scoping review

Linda Sweet ^{a,b}, Vidanka Vasilevski ^{a,b}   

Themes – patient experience

Information
gaps



Experience
with
healthcare
team

Fears

Patient experience of pregnancy post MBS



Information
gaps

Contraception advice

Family planning advice – ‘waiting time’ after MBS

Nutritional care during pregnancy

Lack of tailored breast feeding advice

Patient experience of pregnancy post MBS



Fear for the wellbeing of the baby

Fear of judgement

Fear of gestational weight gain

Fear of inability to lose gestational weight

Fear of reduced ability & time for self care postnatally

Patient experience of pregnancy post MBS

Experience
with
healthcare
team

Lack of knowledge and experience

Experience of judgement and blame

Gestational weight gain

- Weight regain following MBS is a known problem in a substantial number of patients independent of pregnancy



Consensus guidelines:

- It is important to avoid excessive GWG and postpartum weight retention in women after MBS

BUT

- Insufficient GWG increases the risk for foetal growth restriction and low birth weight

= conflict

Shawe J, Ceulemans D, Akhter Z, et al. Pregnancy after bariatric surgery: Consensus recommendations for periconception, antenatal and postnatal care. *Obesity Reviews*.2019;20:1507–1522

Gestational weight gain

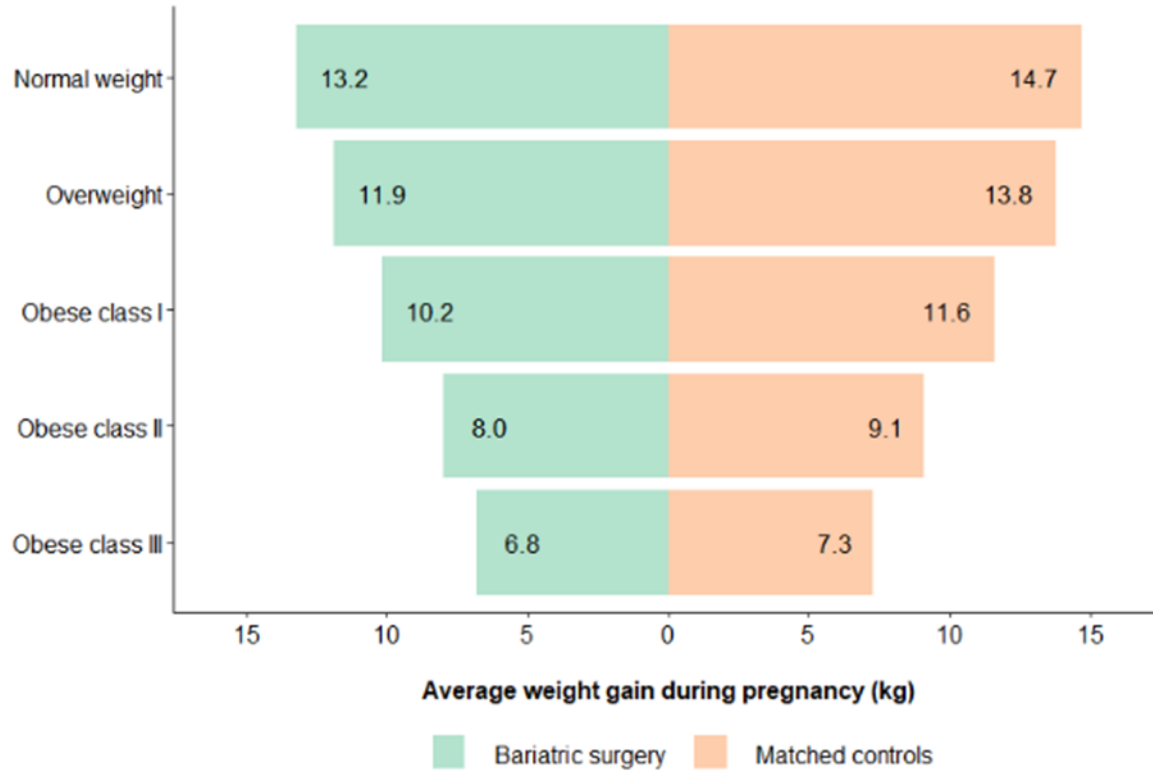
Institute of Medicine gestational weight gain targets according to pre-pregnancy BMI

Prepregnancy BMI	Total weight gain		Rates of weight gain – 2nd and 3rd trimester	
	Range (kg)	Range (lbs)	Mean (range) in kg/week	Mean (range) in lbs/week
Underweight (< 18.5 kg/m ²)	12.5 - 18	28 - 40	0.51 (0.44 - 0.58)	1 (1 - 1.3)
Normal weight (18.5 – 24.9 kg/m ²)	11.5 - 16	25 - 35	0.42 (0.35 - 0.50)	1 (0.8 - 1)
Overweight (25.0 – 29.9 kg/m ²)	7 - 11.5	15 - 25	0.28 (0.23 - 0.33)	0.6 (0.5 - 0.7)
Obesity (≥ 30.0 kg/m ²)	5 - 9	11 - 20	0.22 (0.17 - 0.27)	0.5 (0.4 - 0.6)

Are the guidelines relevant for women who have had bariatric surgery?

Nationwide, population-based matched cohort study was conducted in Sweden from 2014 to 2021

Pregnancy Weight Gain Among Women Who Underwent Bariatric Surgery vs Matched Controls



12,776 pregnancies

6338 post MBS vs 6388 case matched controls

Women with history of MBS gained less weight during pregnancy than women without a history of MBS

Women who became pregnant within 1 year after bariatric surgery had the highest proportion of weight gain below the IOM recommendations

Xu H, Holowko N, Näslund I, et al. Pregnancy weight gain after gastric bypass or sleeve gastrectomy. JAMA Netw Open. 2023;6(12)

Themes – patient experience

Information
gaps



Experience
with
healthcare
team

Fears

What can we do as health care providers

- Educate our patients pre MBS
- Do not judge if they fall pregnant earlier than planned
- Offer support and regular review during a pregnancy – consider a shared care approach
- Acknowledge their fear about gestational weight gain
 - BUT let them know it's normal
 - Reassure women that we have many options to assist with GWG once breast feeding is complete
- Empower our patients with the knowledge to navigate their antenatal care and advocate for themselves



CASE

CASE

27 yo married female, 2 children (2 and 4yo)
Weight 102kg, BMI 36

Medical History

Anxiety

Asthma

NVD x2. Pregnancies complicated by hyperemesis gravidarum

Medications Nil

Uncomplicated sleeve gastrectomy October 2023



CASE

25 days post sleeve gastrectomy

.....5 weeks pregnant

Thoughts???



Similar to previous pregnancies had severe HG:

- Vomiting after all food/fluid
- Not tolerating supplements or PPI
- Regular Ondansetron and Metoclopramide with minimal benefit
- Several hospitalisations for IVT and IV Thiamine
- Regular nutritional monitoring showed stable results

CASE

Premature labour at 35 weeks (May 2024)

Baby Hunter born via NVD, birth weight 2.9kg, Apgars and BLSs good

Gavage fed in hospital with EBM

Left Hospital day 10, with good support was able to breast feed

3 weeks post natal:

- Baby gaining weight
- Mum fully breast feeding
- Current maternal weight 75kg (BMI 26.6)
 - pre surgery 102kg (BMI 36)
- Mum feeling great



? Long terms outcomes for mum and baby

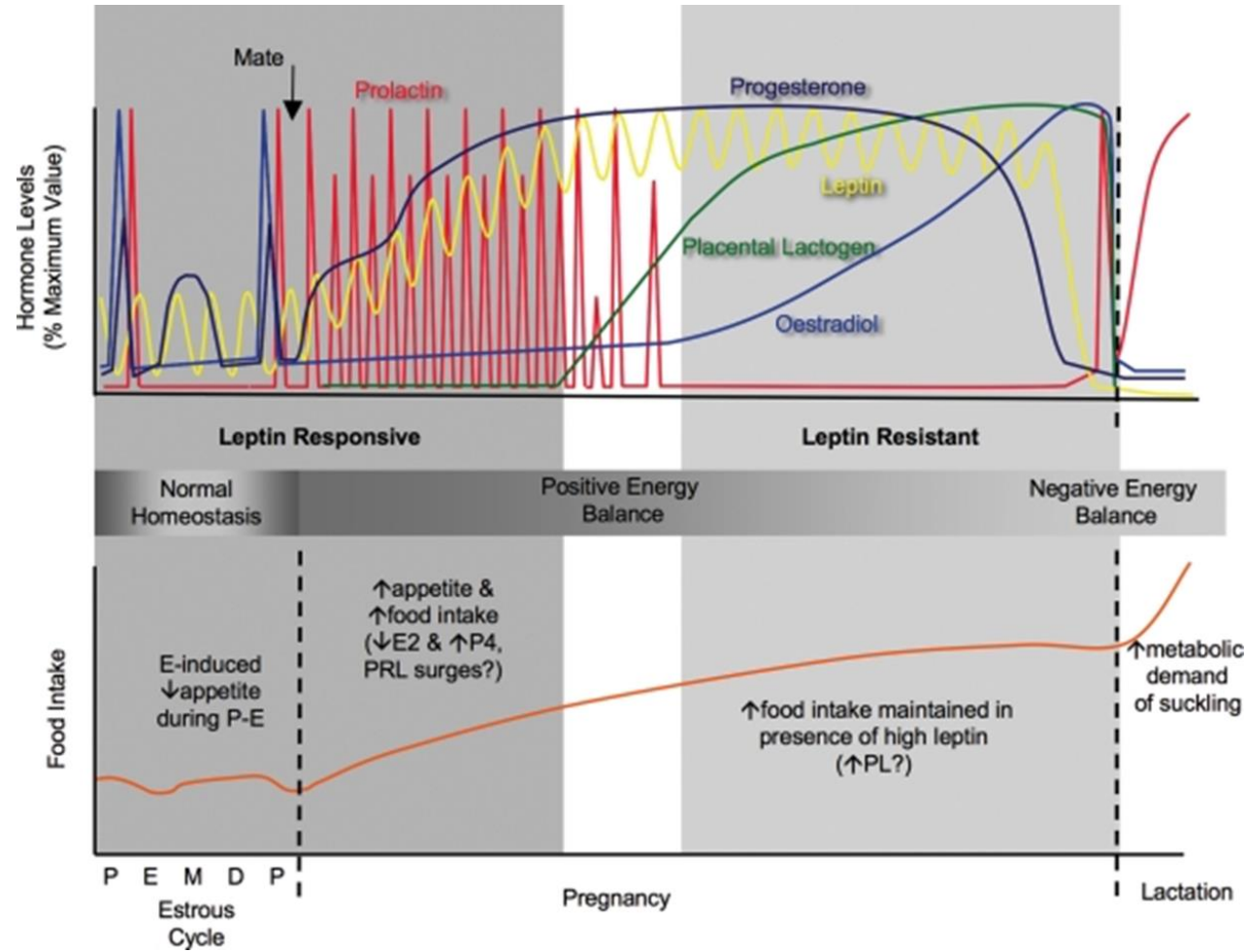


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Understanding gestational weight gain



Pregnancy is characterized by hyperphagia and fat deposition

Progesterone effect:
Hyperphagia
Relaxation of smooth muscle

The subsequent development of leptin resistance allows the hyperphagia to be maintained even in the presence of elevated leptin secretion from the growing fat deposits

Altered reward processing