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## Pregnancy After Bariatric Surgery

### Important Points:

Studies have shown that women who have lost weight after bariatric surgery tend to have safer pregnancies than obese women who have not undergone bariatric surgery.

Studies have also shown that women who have lost weight after bariatric surgery have similar outcomes to normal weight women who have not undergone bariatric surgery.

### Timing Recommendation:

Most physicians recommend waiting 1-2 years after bariatric surgery before planning a pregnancy. The main factor in determining timing is waiting until the patients weight has stabilized and any health conditions related to obesity have improved or resolved.

Prenatal care should be initiated as soon as pregnancy is established to screen for any nutritional deficiencies.

### Blood Tests to Monitor:

Vitamin B12, Thiamin, Folate, Vitamin D, Pre-albumin, Ferritin, Iron

### Additional Considerations:

History of Diabetes, or current obesity = glucose screening first and third trimester

### Supplement Recommendations:

Protein supplements encouraged. Approximately 1.25 g protein/kg patient weight/day

Supplement	Daily Dose
Multivitamin	2x day
Folate	1-2 mg
Vitamin B12	1000 mcg
Thiamin	1-2 mg
Calcium	1500 mg
Vitamin D	1000-2000 IU
Fiber	25g
Omega 3	1000-2000 mg
Iron	30-60 mg

\*All supplements should be tablet or suspension or chewable. Avoid gelatin capsules and extended-release.

#### **Operation Specific Considerations:**

Gastric Bypass- Patients are still at risk for internal hernias. Abdominal pain should be appropriately worked up. Patients are still at risk for marginal ulcers which may be masked by GERD symptoms.

Gastric Sleeve- Patients are still at risk for marginal ulcers which may be masked by GERD symptoms.

LapBand- Any symptoms of vomiting or GERD should be treated with fluid removal from LapBand.

#### **References:**

Maggard MA, et al. Pregnancy and fertility following bariatric surgery: a systematic review. JAMA 2008;300(19):2286-96.

Wax JR, et al. Pregnancy following gastric bypass surgery for morbid obesity: Maternal and neonatal outcomes. Obes Surg 2008;18:540-4.

*Any questions, please call Dr Fowler's office. This is meant to be a guide, only. Authoritative recommendations can be found within societies' publications.*

Revised 2012