



Pregnancy After Bariatric Surgery

1 TYPES:

There are several types of surgeries used to promote weight loss. Depending on the extent of the procedure, nutritional deficiencies or potential complications associated with pregnancy may require extra care and/or monitoring.

2 PREGNANCY:

Contraception following bariatric surgery is critical because women may actually have a boost in fertility as excess weight is lost. However, this is NOT an ideal time to get pregnant as it may hamper weight loss and could potentially be harmful to a developing fetus. Potential post-operative complications are also harder to detect and diagnose appropriately. *Most experts recommend delaying pregnancy for one to two years after surgery.*

3 NUTRITIONAL IMPACT:

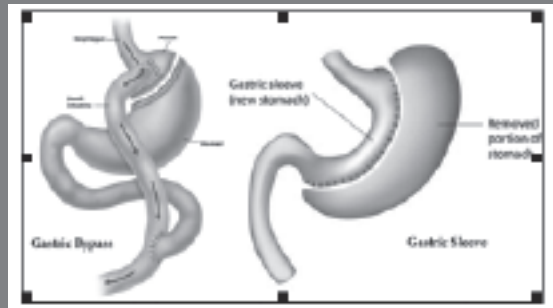
Nutritional deficiencies may occur at any time after alterations in the digestive system have been made. Testing may be required to check for vitamin or mineral deficiencies, inadequate protein, bone disease, or problems with liver or thyroid function. Because of potential deficiencies, it is a good idea to start taking a daily prenatal vitamin three months prior to attempting pregnancy if you are not taking nutritional supplements already.

4 HELPFUL TIPS:

- Lactation is not usually adversely affected by bariatric surgery.
- Consider visiting with a registered dietician to discuss appropriate weight gain during pregnancy and to receive nutritional advice.
- Liquids empty faster from your stomach compared to food.
- Overeating or eating too quickly may increase nausea.
- Dumping Syndrome is a condition that may occur when a high concentration of sugar is eaten, particularly on an empty stomach. The body dilutes the high concentration of sugar particles with water by taking fluid from the bloodstream. This may cause a shock-like state or a cold, clammy sweat, pale skin, a pounding pulse and cramps or diarrhea. For this reason, a **glucose tolerance test (GTT)** should be avoided during pregnancy, but alternative forms of blood sugar testing may begin at an early stage of pregnancy.

A lap band procedure uses a band to mechanically reduce the size of the stomach, therefore decreasing the amount a person is able to consume. This may need to be adjusted during pregnancy.

The gastric sleeve or bypass uses surgical methods to significantly reduce the size of the stomach. The digestive system may or may not be rerouted. This forces consumption to be less and decreases the ability to absorb calories and nutrients.



The most common deficiencies are:
folate · vitamin B12 · iron · calcium · vitamin D

Nutrition during pregnancy is a little like resuming food initially after surgery.....it's ELMO
(Eat Less More Often)

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