



Bariatric Surgery Support Group

Meeting Held online - ZOOM.

Date: 29.06.2021 at 6:15pm

Please save my cell number on your phone in order to receive any broadcast messages from me: 073 141 2580 – Bambine

Bariatric Support Group - bssgsouthafrica@gmail.com

Information and Notes

As noted down in my non-professional understanding of everything discussed at the meeting. 😊

Meeting attended by Dr. Swanepoel, Judy Kotze and Committee members: Bambine (073 141 2580) and Rhine.

Should you know of anyone who are not receiving any mail, or Whats app's then please get them to complete the online form. **Please also note that you should only complete the online form once you have had your first consult with one of our Doctors.** Link to online google form: <https://forms.gle/2KNp2fPQVUarN7rGA>

Welcome to all new members!

Just a few notes from our last meeting.

A few questions to our doctor:

"Hi I am suffering with very bad gout from all the protein is there something that can help as it's been 4 weeks of gout now."

- If you were on any medication for gout prior to the surgery, just continue with it. Drink PLENTY fluid. Medication like Puricos (Allopurinol) should be continued through the operation period and not be discontinued in the first 6 weeks post op.
- Colchicine – take for a day or two if an acute gout attack occurs (get the prescription from your doctor)
- An intramuscular cortisone injection might also help for severe gout.
- Space your protein and have smaller portions more often, rather than 3 big portions.
- Should you still suffer - contact your surgeon.

"Is it necessary for us to wear medic alert bracelets and what info should be on it?"

- Always good to wear your medical aid bracelet. You can even put the details on there if you had a Bypass, just the basics – Gastric bypass (type of surgery eg. Sleeve Gastrectomy / RYGB...) Date of surgery.

"Could you kindly ask if Ivermectin can be used post bariatric?"

- Yes, it can be used.
- Safest is the tablets on an empty stomach or at least 2 hours after a meal.
- Side effects might be magnified in Bariatric patients due to absorption and the size of your 'pouch'.

"I want to know if I can use METAGENICS: Hydrochloric Acid with Pepsin – I think the meds is called - EAZE DIGEST."

- Not recommended for bypass patients, sleeve maybe, but not for Bypass.

"What's the difference between the Sleeve and the Bypass surgery?"

- Try not to just google these things. Have a look on the IFSO website for better information:
<https://www.ifso.com/obesity-treatments/>

A few more things mentioned:

- Doctor spoke about Post-operative regain. This DOES happen. It is of utmost importance to try and exercise at least 45 min to an hour a day and aim for four times per week Even brisk walking. It is important to eat Protein first, and eat **S L O W L Y**. Chew, chew, chew - eat slow.
- Make sure that you have an intake of 60-100mg of iron per day.
- If your weight is creeping upwards, try and keep a food journal and contact Judy. One or two visits will get you back on track and ready to move forward.

Many thanks to our Doctors and Judy for always being able to assist us with the questions and information.

Next meeting dates to diarise:



NEXT - 27 July
31 August
28 September
26 October
30 November

Regards Bambine

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Just a reminder:

How it will work:

- A few days before the online meeting, I will send out a Whats App reminder for people to please let me know of anything in particular that they would like the doctors or Judy (dietitian) to address. This can be sent to me via Whats App' and I will put your question on a general list. I will then at least have a list for the doctor/s to work with so that should they need to prepare any visuals or documents, we can get that ready by the time the meeting is held.
- We will then meet online between 6:15pm and 6:30pm on the given dates. The committee will welcome everyone and we can all just have a good 'chat and chinwag' for a bit. We generally just start by introducing ourselves and just stating whether we are pre op, post op, considering surgery, in the process or even choose to have your camera off if you would like to remain anonymous for now. You can even tell everyone how much weight you have lost so far as this gives people motivation. Anything goes!
 - **We ask that you keep your microphone on silent when you are not speaking especially if you are in a noisy environment.**
- The Doctors and dietitian (one or both) will then join us at 7:00pm to answer any medical or dietary questions that we might have after that. They will generally be in the 'room' available to us for about 30 minutes and after that those who want to stay and chat can continue to do so.
- It is a relaxed environment to find out about others like you, personal experiences etc. You will be surprised that so many of us have had similar experiences and have asked the same question before. No questions are silly questions.

See you in the ZOOM room!