



# Bariatric Surgery Support Group

Meeting Held online at <https://meet.google.com/cxy-rcpm-rqo> then switched to ZOOM.

Date: 30.03.2021 at 6:30pm

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](mailto:bssgsouthafrica@gmail.com)

## Information and Notes

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

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

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!*

We had a few glitches with everyone getting into the meeting - we apologise. We will be using the Zoom platform from next meeting onwards and the meeting details will be posted a few days before on the on the Whats App groups.

## 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. **Only one or two questions were put forward to me for the last meeting and I urge more of you to send me questions or queries you might have. Our Doctors are giving up time for all of us and I feel it could be better spent if we had some questions for them right off the bat that they ca address.**
- We will then meet online at 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 weather 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.

# Just a few notes from our last meeting.

- We welcomed a few new members.
- The biggest question was about Medication. Below please see a write up from Dr. Swaepoel and Dr. Potgieter's office.

## Guidelines for taking of medications



1. It is always better not to take medications if at all possible.
2. It is usually better to take solutions, suspensions or dissolved medications if available rather than capsules or tablets.
3. Suppositories are somewhat better than tablets although the active ingredient is still damaging for the stomach lining – only less so
4. All erosive substances are damaging and dangerous for the gastric pouch

### These include the following classes

- A) Aspirin such as Disprin, Codis, Ecotrin, Bayer Aspirin  
B) Other NSAIDS (Non-Steroidal Anti Inflammatory Drugs) Celecoxib (Celebrex)

- Diclofenac (Cataflam, Voltaren-XR,)
- Etoricoxib (Arcoxia)
- Ibuprofen (Brufen, Neurofen, Advil)
- Indomethacin (Indocin, Indocid)
- Ketoprofen (Ketoflam)
- Ketorolac (Toradol - discontinued brand)
- Lornoxicam (Xefo)
- Meloxicam (Coxflam)
- Naproxen (Naprosyn)
- Parecoxib (Rayzon)
- Piroxicam (Feldene, Actor DT 20, Pixicam, Piroxicaps, Ponstan)

There are numerous generic substitutes and therefore one must rather check for the presence of the Originator drug name (registered manufacturers product name) than for a specific name.

### C) Over the counter drugs

- Grandpa, Compral

5. It is imperative to always take PPI (Proton Pump Inhibitor) medication to protect the stomach lining when taking any erosive substances. PPI medications are used to treat heartburn, acid and stomach ulcers.

### There are many classes of these drugs

- Esomeprazole (Nexiam, Trustan)
- Omeprazole (Losec, Adco-omeprazole, Omez, Altosec) Lansoprazole (Lanzor, Lancap)
- Pantoprazole (Pantoloc, Topzole)
- Rabeprazole (Pariet)

Again there are numerous generic substitutes and one should check for the registered name of the active drug rather than the commercial name. In addition to PPI's one can also use .

- Sucralfate suspension (Ulsanic) which coats the stomach lining

- Antacids such as Gaviscon
- Cytotec which has a protective function on the stomach lining via prostaglandin effects

6. **Vimovo** is a combination of an anti-inflammatory (Naproxen) and a PPI (esomeprazole). It may be safer to use than anti-inflammatories alone.

7. All other medications taken should be assessed per drug for possible negative effects on the stomach. Anti inflammatories should not be used continuously for longer than two weeks without consulting with your doctor.

8. If side effects of nausea, epigastric pain, vomiting or acid reflux are experienced, all NSAID's must be stopped immediately and consult with your surgeon.

Dr J A Potgieter  
Dr E Swanepoel

It is of utmost importance that you take all your required vitamins/supplements.

Please send me any topics, questions or suggestions you might want discussed at our next meeting. One or both of our Doctors will always try and join us at every meeting. Feedback always appreciated on any issues discussed at the meeting and or questions anyone might have.

## *Meeting dates to diarise:*

20 April – This date has been amended

25 May

29 June

27 July

31 August

28 September

26 October

30 November

Thank you to all those who attended the meeting.



*Regards Bambine*