



# Bariatric Surgery Support Group

Meeting Held online - ZOOM. Check out the website! <https://www.bariatricsurgerysupport.co.za/>

Date: 14.06.22 at 6:00pm

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 and being able to read my handwriting after. 😊

Please excuse the English / Afrikaans mixture in the notes, we have all sorts in our group and the questions come in all sorts of mish mashes and so our answer are also a bit of 'all sorts'!

Meeting attended by Dr. Swanepoel, Judy Kotze and Committee members: Bambine (073 141 2580) and Rhine. (12 people in the Zoom room.)

Welcome to all new members!

Just a few notes from our last meeting.

At last month's meeting, I had a very 'not so clever technological moment' and accidentally chucked myself out of the meeting. So, the notes I got was from the first 40 minutes or so. I apologised if I missed anything after. I sent Dr. Swanepoel all the **questions** that I received from members earlier in the day and he went through them. His **answers and discussions are in Blue**. (This is just a reminder also that should you have any questions for any of our doctors or dietitian, to send it to me via What's App about a week prior to our next meeting.)

### Meeting Held 14.06.22

#### 1) How soon can we drive after surgery?

Suggested to not drive for at least 2 weeks. After 2 weeks an automatic car should obviously be a little easier, but the idea is to not put any strain on your incisions.

#### 2) How long before I can do aqua aerobics again?

After about 10 - 14 days your wounds should be completely closed. You will be able to go into the water then without change of Bacteria getting into the wounds. It also depends on how much time is spent in the water. If your wounds look like they are swelling or are irritated by the water, then stop for a while. The waterproof plasters should help with the water too.



#### 3) What is your opinion on pouch reset?

Avoid over eating, rather try to get back into a good routine, keep a food diary, go see your dietician. A pouch reset can be okay if it is just to get you back into routine.

Doctor mentioned that if you have a check up and there is weight regain and it has been identified that your pouch has not stretched, there are other options. Newer weight loss

medications include injectable's like Saxenda (liraglutide) and oral Contrave (Bupropion-naltrexone). Both are FDA approved anti-obesity medications.

### Meeting held 12.07.22

#### 1. *"What is your opinion on intermittent fasting?"*

Intermittent fasting is very bad for bariatric patients, this depletes your protein drastically. Rather do a pouch reset, but it is Not suggested to do intermittent fasting. You need to have a minimum of 3 meals a day with emphasis on your protein!

#### 2. *"What happens when you are on your post op diet phase 2. When visiting Surgeon for the 10 day follow up, he bumps you up to stage 4 – do I listen to my dietician or surgeons' advice?"*

Listen to your dieticians advice, this is the person that will know you better due to regular consults and that you will have a longer standing relationship with. The surgeon might make suggestions earlier in your journey as he will know how the procedure went and what your requirements might be earlier in the process.

#### 3. *"I have to eat before taking meds in the morning and having a "Bariatric" I go bathroom shortly after. Surely meds don't get absorbed if this happens?"*

It is better to take NON corrosive medication BEFORE food as the absorption is better. Going to the bathroom straight after taking medications will not get rid of them so quickly.

Peppermint is very soothing on the bowels – peppermint drops, peppermint tea etc. it has the opposite effect to coffee.

#### 4. *"Judy - wat is n porsie groote/GEWIG na 2/4 jaar. Ons almal vat tog kanse so is dit 125g/250g per ete?"*

The main thing is **MINDFULL EATING**, eat slowly. Portion size is always important, even 2 – 4 years post op. Dish up on a small plate and always dish more protein than Veg and carbohydrates.

#### 5. *"I went for my follow up and everything was great- got my vit B injection and was fine. The last 3 days have been unpleasant though - had diarrhoea for 3 days - barely eaten because I just have to go to the loo. It's not dumping.*

*I usually get what I call "period belly" when I get an upset tummy the day before I get my period - could it be that? Or did I just get a bug? And what can I take for it if it happens in the future? I don't want to take something and then end up constipated."*

It sounds like you have a viral infection. If your diarrhoea lasts longer than 2 days , take a sample to the lab and say your doctor referred you. Also remember to rehydrate, replace electrolytes.

You can buy Re Hydrate at the chemist in small sachets or also drink Powerade, Energade or Lucozade etc...

#### 6. *"I was recently diagnosed with osteopenia. A shocker. 😞 How can I cure it? Dr Kobus Uys suggests that I up my activity level."*

You may need Calcium and oestrogen and to go for a bone scan (Dexa Scan - A DEXA scan is an imaging test that measures bone density (strength). DEXA scan results can provide helpful details about your risk for osteoporosis and fractures.

Go and see an endocrinologist as they should be able to assist you in treatment or advice on how to enhance your calcium absorption.

7. "Ek bly moeg en bewerig. Ek neem al my meds en bari complete. Ek het 9 Junie ook ñ vit. B co inspuiting gehad. Ek gaan vandag vir my energade koop en kyk of dit sal help. Ek is 2 jaar post op en weeg 56kg."

You are at a very low weight on 56Kg. You might be Hyperglycemic. You might not be getting enough calories. You are probably lacking in some vitamins or something. You must check what your BMI is. When last did you have a full bloods done? Might be worth just having that done and to see what exactly you are missing in your diet. Then you will be able to supplement at least. Suggested by doctor to go and see your doctor! You sound like you might be undernourished. Don't go overboard on energades and energy drinks.

8. *Ek het laaste tyd ñ slegte gewoonte aangeleer, Pure luiheid aan my kant. Ek drink soggens my centrum en smiddae 14h00 drink ek 2x Bari complete's. Kan ek so Voort gaan?*

By doing that everything needed by your body will be absorbed as needed and the rest will be wasted by your body – be expelled through your urine etc. Your body will only absorb the first sachet as that's the full dose that your body is able to absorb in one go - That second sachet would essentially be wasted. (Money down the drain – LOL). It is BEST to separate the two and have maybe one in the morning and one in the afternoon or evening, for better and more efficient absorption.

At 1 year and plus, you will only need 2x barri completes and not 3 anymore.

We had an awesome Face to face this weekend that has just passed and it was lovely to see so many friendly faces. We had some good stories to tell, some great laughs and so many new friendships made. Dr Potgieter was able to represent the 'team' at this gathering and we had some great laughs together. There are many people who were unable to attend for so many different reasons, so please don't stress or worry. It was just a social gathering to touch base and say hello. We will be hosting another one in the morning in Durbanville on the 17<sup>th</sup> September – further details will follow closer to the time.



Dr. Swanepoel would have loved to have joined us also (As would Judy), but he was busy doing a 100km Cycle race!!



Many thanks as always to our both our doctors and Judy for making time for our meetings.

Please note that you should ONLY complete the online form once you have had your first consult with one of our Doctors (Dr. Swanepoel & Dr. Potgieter). Link to online google form: <https://forms.gle/2KNp2fPQVUarN7rGA>

UPCOMING  
meetings

## Next meeting dates to diarise:

Please note, these dates may change due to holidays etc... advance notice will be given.

16 August – Please NOTE change of date for this meeting

13 September

11 October

8 November

CHECK OUT OUR  
NEW WEBSITE!

Regards Bambine

073 141 2580

[bssgsouthafrica@gmail.com](mailto:bssgsouthafrica@gmail.com)

## 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 from 6:00pm and 7:30pm 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 between 6:30pm and 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!

**Table 1.** Roux-en-Y gastric bypass revision options for weight regain

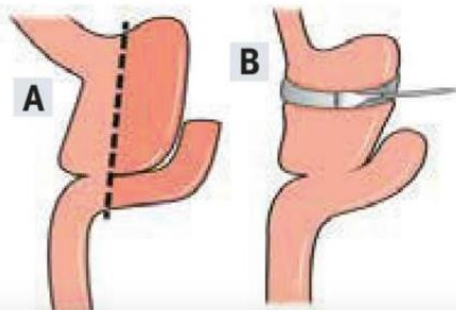
Route	Restriction improvement	Malabsorption intensification
Endoluminal	Sclerotherapy Tissue plication techniques <ul style="list-style-type: none"> <li>• TORe: trans oral outlet reduction</li> <li>• EGP: endoscopic gastric plication</li> <li>• ROSE: restorative obesity surgery endoscopic</li> </ul>	None
Transabdominal	Open gastrojejunal complex reconstruction Laparoscopic <ul style="list-style-type: none"> <li>• Gastrojejunal complex reconstruction</li> <li>• Gastrojejunal sleeve reduction</li> <li>• Gastric pouch resizing</li> <li>• Gastric pouch salvage banding</li> </ul>	Conversion to distal gastric bypass <ul style="list-style-type: none"> <li>• Type I: long biliopancreatic limb (Sugerman [29])</li> <li>• Type II: long alimentary limb (Brolin [30])</li> <li>• Conversion to biliopancreatic diversion with duodenal switch</li> </ul>

in 94 patients. outcomes of gastric pouch salvage banding seem favorable. Unfortunately, the perioperative morbidity was high (17%) and mandated surgical intervention. Due to these risks and the disappointing long-term outcome as a primary procedure, the fate of salvage banding is questionable.

**Figure 1.** Illustration of surgical restriction improvement options

**[A]** Illustration of gastrojejunal complex resizing

**[B]** Illustration of gastric pouch salvage banding



**RESET** **10-DAY POUCH RESET**  
Get back on track with weight loss

**Key Benefits of Pouch Reset**

The point of the 10-day pouch reset diet is to get back into the routine of eating high-protein, low-carb meals while managing portion control and healthy nutrition habits.

- Get Back on Track**  
Sometimes it's hard to stay on track so you need to get motivated!
- Lose Weight**  
This brings you to a healthy meal plan to get you to your goal weight.
- Healthy Habits**  
Starting healthy habits is the key to long-term success.
- Portion Control**  
Controlling your diet creates habits, and habits form a healthy life.

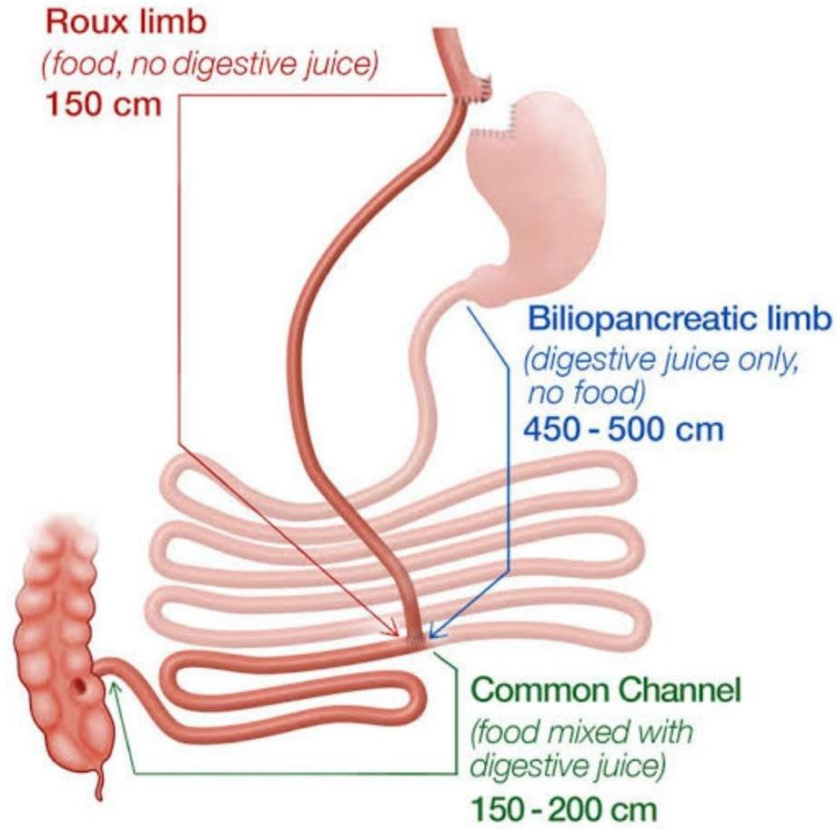
The 10-Day Pouch Reset will not shrink your stomach long-term, no resets do. A simple detox style diet.



- 64+**  
ounces of water per day
- 30**  
NO water 30 minutes before and after each meal
- 20**  
grams or more of protein in shakes

**How to Start** The pouch reset diet takes hard work and dedication. In order to get long-term results from it, you need to think of it as a fresh start to your journey.

<p><b>DAY 1</b> Clear Liquids</p> <ul style="list-style-type: none"> <li>Water</li> <li>Unsweetened Tea</li> <li>Broth (Chicken, Vegetable, Beef)</li> <li>Sugar Free Drinks</li> </ul>	<p><b>DAY 2 &amp; 3</b> Thick Liquids</p> <ul style="list-style-type: none"> <li>Must Drink 3 Protein Shakes Per Day</li> <li>Vegetable Soup</li> <li>64 Ounces of Water</li> </ul>
<p><b>DAY 6 -10</b> Long-Term Diet</p> <ul style="list-style-type: none"> <li>3 Protein Shakes</li> <li>2 Meals - 4 Ounces Lean Protein, 1 Tb Oil, 2 Ounces of Vegetables</li> <li>2 of 3 Protein Shakes Can Be Substituted For These:             <ul style="list-style-type: none"> <li>20 Almonds</li> <li>1 Greek Yogurt</li> <li>2 Eggs</li> </ul> </li> </ul>	<p><b>DAY 4 &amp; 5</b> Soft Solids</p> <ul style="list-style-type: none"> <li>3 Protein Shakes</li> <li>Unlimited Vegetable Soup</li> <li>Choose 2 Servings of These Solid Protein Options:             <ul style="list-style-type: none"> <li>1/2 Cup of Cottage Cheese</li> <li>1/2 Cup of Beans</li> <li>2 Eggs (Scrambled/Poached)</li> </ul> </li> </ul>



Stay informed: Visit the SA Department of Health's website for COVID-19 updates: [www.sacoronavirus.co.za](http://www.sacoronavirus.co.za)

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by MS Med Rd Staci Gulbin  
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