



Bariatric Surgery Support Group

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

Date: 16.08.22 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

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. Potgieter, Judy Kotze and Committee members: Bambine (073 141 2580). (19 people in the Zoom room.)

Welcome to all new members!

We had a small gathering in Durbanville, only 5 people attended. Quite a few responded that they will attend and didn't so a little disappointing turnout, but we had a lovely morning never the less. Thank you to Susan for hosting.

Just a few notes from our last meeting.

A members asked about:

How often should we have our bloods tested?

3 months after surgery will be your first few tests, then 1 year post op, then just once annually. Should you have something lacking from your results, you will need to go again after 3 months. Also should you have severe illness or long convalescence you may need to go a bit more regularly.

"I am 3 years post op and still constipated".

The usual 6 glasses of water a day should assist with constipation and some mild exercise in the day. Laxatives are fine to take: Movicol, Dulcolax.

What can one do for insomnia or sleeping badly?

Nothing wrong with taking a sleeping tablet to create a sleeping pattern/rhythm for yourself. Try not to eat too late at night, no big stimulus before bed, try some ambient light, even some white noise. Melanincortin – sleeping tablet. Members have also mentioned taking melatonin tablets.

Is there a way to bypass the Anti-inflammatory reaction?

Anti inflammatory injections are slightly better. There is a combination tablet called – Vimovo. Also always make sure if you are prescribed an anti-inflammatory for a few days, to ask for a proton pump inhibitor – Lexium, Losec etc...

Take anti inflammatory after or with food so that it is not in direct contact with your lining.

Pain Killers:

Cox 1 – Can do strong damage to your pouch, but more painkiller

Cox 2 – Does less damage to your pouch, but less effective as a painkiller.

Tip from Judy:

Always read the labels, Check kilojoules, energy and sugars of any product!!

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>



Next meeting dates to diarise:

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

18 October

8 November

See you in the ZOOM

Regards Bambine 073 141 2580 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.**