



Bariatric Surgery Support Group

Meeting Held online in the ZOOM Room [Check out the website!](#)

<https://www.bariatricsurgerysupport.co.za/>

Date: 14.03.23 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. Swanepoel, and Judy Kotze and Committee members: Rhine and Bambine (073 141 2580). (15 members in the Zoom room.)

Welcome to all new members!

Just a few notes from our last meeting.

We received a few **questions** for this evening's discussions and Doctor answered as he went down the list.

1. Trying everything possible that I know I should, portions etc but just not getting rid of weight I've picked up. I've lost quite a bit before I completely fell of the railway but the last 12 kilos are just not coming off despite changes made as if I was 12 months post-op. I am now 6 years post-op.

Best advice would be to get in touch with Judy. We should be having 50% Protein, 30% fat and 20% carbohydrates. There is also a tablet that you can use that decreases your appetite. This you will need to discuss with your surgeon.

2. I went for an MRI regarding chronic backpain I was experiencing. Have Arthritis and beginning stages of "gout". May I take Puricos & Arcoxia?

You can use Puricos and Arcoxia for use short term only and remember always that when you take any anti-inflammatory to use it in conjunction with a proton pump inhibitor e.g. Truстан.

3. Constipation?

You can safely use Movicol.

4. I Went for Blood tests and my Iron was extremely high. I stopped taking my iron supplement, is this okay?

You should not stop taking your iron supplement. Best thing to do is have a proper full iron study. There could be various reasons for this. Contact Doctors office for the forms.

5. Can excessive water drinking (6 litres + a day) stretch my pouch and are stomach aches after most eating normal?

The excessive water drinking could be that you are having issues with your kidneys? You should go for a full urine analysis. Stomach aches after eating being a few years post op doesn't sound great. You might have to go for a gastroscopy to and have them have a good look.

6. Why is it a bad idea drinking something just before and just after eating. I think it was said 45min before eating and 45 min after eating you shouldn't drink....if i remember correctly?

If you drink before a meal, you will fill up your pouch with water and feel full quicker. The idea is to get your proper protein in first with every meal, then the rest. Drinking directly after a meal could make you feel unwell and very full. It may even lead to dumping. It is just best to wait for a bit after a meal.

4. Is it normal to have no sex drive after surgery and anything we can do about it?

It is not a common after effect that has been proven to come from the surgery. In our experience it seems to be the other way around. Speak to your gynae about that and ask if there is something you could take.

5. What is better for you once you have been cleared for exercise - weight training or cardio and why?

Cardio is definitely better (Zone 2 level). Aerobic exercise – training longer but lower intensity. Recommended 60 90 minutes x 3 a week. Keep in mind weight training is okay but that will build muscles.

6. Can the surgery affect your pelvic floor muscles?

Not a general problem caused by surgery at all – you should see your GP regarding that.

7. If we are only losing around 0,5kgs per month 5 months post op, is that normal?

That sounds rather low for so soon after surgery. I would suggest you contact Judy. She will be able to assist with looking into what can be done.

5. I got foamies (vomited foam) for the first (and hopefully last) time this weekend. I am 4-5 weeks post op, and I am allowed to eat soft food. I had a super, a small amount of fish and sweet potato, and then I got SEVERE pain and then the foamies hit me... I was just so scared, because I remember in hospital, he told me I'm not allowed to vomit at all, but I bet that was because of the sutures in my stomach, so I bet 4-5 weeks post op did create too much damage? I'm not feeling any pain now, so I'm sure it's fine! It was just interesting that when I googled majority of people wrote that it happened to them after eating fish.

It is not very likely that it was the fish per se, but maybe because you either ate too fast or too much? The idea is to eat very slowly. It takes about 20 minutes for you brain to tell your stomach it is full. It does happen to many people... generally once as it is such a horrible feeling that one learns from it. Doubt that you would have caused damage just with 'foamies'. Just be careful and mindful of how and what you eat.

6. What is the purpose of SASSA? How important is it to be accredited by them?

Without going into details, it is up to everyone to check out your own doctors and their accreditations etc.

7. Some patients report ongoing nausea after the surgery. Is this expected?

This should not be the case and if it does happen you should consult your surgeon. Having nausea after a meal could be a sign of dumping, but this should not be a continuous thing.

8. What are the chances of your pouch leaking?

Slim to none. You will not leave the hospital with a leaky pouch. They check the pouch for leaks before you leave the hospital.

9. I live far from my doctor, what will happen if I have complications later than the first 10 days?

You could either stay within the Cape Town region for the first 10 days after surgery to be safe, but complications are very rare (Not unheard of, but rare). It would be best to familiarise yourself with a doctor that knows about your procedure or a local general or specialist surgeon in your area.

10. I bruise easier than before? Is this normal? What causes it? 3 yr post op.

Are you on any medication? Bariatric surgery does not have a direct affect, so it would be a good idea to see your GP regarding this.

11. How good is 'GOO' when one goes hiking on a long trail. Rather natural foods or would the "GOO" be considered very bad?

'GOO' should be avoided and not one of the better choices you could make. It is for excessive training. The 'GOO' is usually very high in Caffeine and even sugars and could make you dump. It would be best to just use natural products when doing exercise.

12. I have a knee that's probably super-close to having to be replaced but I don't want to have another anaesthetic for at least a year. I have started working with a biokineticist and I am struggling with pain - even with the exercises not really being aimed at the knee, it's still having an effect! I have some Tramacet and some Celebrex, but I am only using if desperate (I was training people last week and standing to lecture and had to take Celebrex!) ... is there something else I can take?

Tramacet is safe to use, Celebrex safe to use short term only. You could try 'Vimovo' (Apologies, not sure if I spelt this correctly).

Just a reminder: Our general List of supplements:

- Vit D: Calciferol (Once a week or as prescribed by your doctor)
- Multivitamin: DS24 or similar - Once a day
- Iron: Autrin or similar once a day
- B12 injection: 2cc every 10 weeks
- Calcium: Calcium Citrate or similar 2 – 3 sachets a day
- (Bari Complete can be taken instead of all of the above, with additional Iron) Please consult Judy

Below is a message from Judy regarding **Bari Complete**:

Just to let you know that Bari-Complete has new packaging. They now have a single sachet/day of 18 g powder. You are meant to dissolve it in water and then sip it throughout the day, to ensure optimal absorption of the calcium in the product. Your body can only absorb 500 mg of calcium in one go, and the 18 g sachet contains 3 doses ie. 1500 mg calcium. They are selling it at R450 instead of the R600 for the old 6 g servings, of which you used 3 a day. I am not sure whether they are phasing out the 6 g servings. Apparently, this direction will go out with each order, so this is just a heads up.



It is always a good idea to schedule an appointment with Judy just to get back on track and even if you have any dietary questions about going forward. If you live far away, a zoom meeting will also be possible.

Judy Kotze – Dietitian. Special interest: Bariatric Nutrition
BSc (Dietetics) – Diploma in Hospital Dietetics M (Nutrition)
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Thank you to all those who attended the meeting. It is always nice to meet new faces too. All the best to those still heading to surgery.

Many thanks as always to Dr Swanepoel 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.



11 April

9 May

13 June

11 July

8 August

12 September

10 October

7 November

12 December – might not take place

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 What's 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 What's 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!