



Bariatric Surgery Support Group

Meeting Held online in the **ZOOM** Room (Next time it will be in a **TEAM** room)

Date: 5.02.26 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 and team member Bambine (073 141 2580).

(10 members in the Zoom room.)

Welcome to all new members!



Just a few notes from our last meeting.

Apologies if I missed anything.

Quick recap

The meeting focused on addressing questions and concerns related to bariatric surgery, specifically gastric bypass and sleeve gastrectomy. Dr. Potgieter discussed the risks and recovery process, emphasizing the importance of regular follow-ups and proper nutrition. Judy provided insights on dietary guidelines and protein requirements for post-surgery patients. The group also addressed issues with vitamin D shortages and the importance of maintaining proper supplementation. Bambine mentioned upcoming changes to the meeting platform, with a potential switch to Microsoft Teams in the next session. The conversation ended with discussions on managing hyperglycaemia and the treatment options available for post-surgery patients experiencing dumping syndrome.

Summary

Zoom to Teams Transition Discussion:

We will be moving our meetings to TEAMS, so please ensure that you are able to use that platform for our next meeting.



Gastric Bypass Surgery Benefits and Risks

Dr. Potgieter discussed the risks and benefits of gastric bypass surgery, emphasizing that while it is a high-risk procedure (5th most riskiest procedure), it is considered very safe with a death rate of only 0.3%. The most common complication would be blood loss or a leakage by the joints, but this is very rare and gets checked for in hospital still, after surgery.

He explained that patients typically start losing weight after 4 weeks, with significant weight loss by 3 months. By 3 months you generally would have lost 50% of the total weight that you will possibly lose with this surgery (Roux en Y), though the rate and extent of weight loss vary depending on the surgery type.



Dr. Potgieter also addressed concerns about excessive weight loss with BPD surgeries, noting that it can lead to malnutrition and the need for revision surgery to lengthen the bowel. He stressed the importance of regular follow-ups to monitor nutrient levels and adjust the surgery if necessary.

Bariatric Surgery Recovery and Psychology

Dr. Potgieter discussed the recovery process and potential emotional challenges associated with sleeve gastrectomy and BPD (Biliopancreatic Diversion) surgeries. He explained that patients typically follow a liquid-to-solids diet progression over four weeks post-surgery, with BPD patients experiencing a slightly longer recovery period than gastric bypass patients.



He emphasized the importance of psychological preparation before surgery, noting that a pre-operative psychologist assessment helps identify patients who may not be suitable candidates due to their emotional dependency on eating.

Dr. Potgieter also highlighted that the success of bariatric surgery depends on various factors, including initial weight and mobility, with heavier patients often experiencing slower recovery.

Bariatric Surgery Post-Op Guidelines

The discussion focused on post-operative guidelines and health advice for bariatric surgery patients. Dr. Potgieter provided guidance on returning to work after surgery, suggesting 5 days for desk work and up to 4 weeks for factory or office work. Keeping in mind you had major surgery and that you should not strain yourself. BPD might take slightly longer than Gastric bypass to feel better as well as your starting weight and mobility.

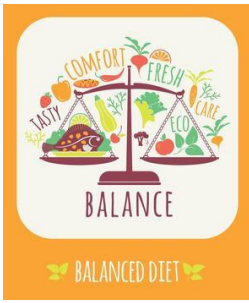
Dr. Potgieter emphasized the importance of regular meals to maintain metabolism. He recommended annual gastroscopy checks and annual blood tests for post-op patients, while addressing questions about weight regain, supplements, and medication. He advised that while some weight regain is possible after gastric bypass, generally after about 7 years.

Supplements like Omega 3 and/or fish oil, Creatine Monohydrate, Magnesium Glycinate, Vitamin K2 with current Vit D are unnecessary, but vitamin D is crucial for preventing osteoporosis, particularly in men who can experience andropause.



Vitamin Supplement Guidelines and Advice

Dr. Potgieter and Judy discussed the current stock issues of vitamin D supplements and provided alternative solutions for patients (Soskain). Or even another one with no less than 5000 international units of Vit D and taking 3 of those a day. They emphasized the importance of sticking to prescribed supplements, particularly **iron, vitamin B12, vitamin D, calcium, and magnesium**, while avoiding over-the-counter alternatives. Judy and Dr. Potgieter also addressed protein requirements post-surgery, recommending 80-100 grams daily for active individuals, with Judy explaining that a 30-gram protein serving is equivalent to a small piece of meat. They advised patients to prioritize protein intake, followed by minerals and vitamins from salads and vegetables, and finally, fats for satiety.



Bariatric Diet and Patient Care

The meeting focused on dietary guidelines for bariatric patients, emphasizing the avoidance of refined sugars and the importance of complex carbohydrates. Dr Potgieter and Judy discussed the management of hyperglycaemia and dumping syndrome, highlighting the need for a balanced diet and regular meals.

Dr Potgieter also addressed a patient's concern about a large bill from Discovery for a gastric bypass surgery, urging the individual to contact the company directly to resolve the issue. By going to their offices in Century City and not dealing with them on the phone or via email.

All products are available at Clicks or Dis-Chem branches, as well as at most pharmacies. Bari-Complete is only available as an on-line order or via the app. www.bari-complete.com



Compliments and complaints, please contact:
(Dr. Potgieter) Johanna Potgieter on 083 261 6207 or pottie@kingsley.co.za.
(Dr. Swanepoel) Elizma - capesurgeonreviews@gmail.com



Judy Kotze Dietitian - 083 254 0919

Dr Chris Greyling – 021 595 0105 - a Specialist Physician (2017) and Endocrinology and Diabetes.
<http://www.DIDE.co.za>



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>

PLEASE
Do not reply

A friendly request please: Once I have sent out the notes or even messages regarding meetings etc, via the broadcast group. Please may I ask that you don't reply to them in any way. I understand it is good manners etc to just reply that you have received it, or a thumbs up or even a message to say that "you can't make the meeting" and I appreciate that, but truly it is not necessary, and I won't be offended at all. Only respond with a question if you have one.



Next meeting dates to diarise:

Meeting dates 2026 (Meetings start at 6pm)

2026 BSSG Meetings		
ZOOM ROOM DATES	3 March - Swanepoel	
	2 April - Potgieter	
	5 May - Swanepoel	
	4 June - Potgieter	
	7 July - Swanepoel	
	6 August - Potgieter	
	8 September - Swanepoel	
	1 October - Potgieter	
	10 November - Swanepoel	
	3 December - Either or both	
	Dates may change due to unforeseen circumstances. Bambine 073 141 2580	

Regards Bambine 073 141 2580 bssgsouthafrica@gmail.com

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 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 to about 7 or 7:30 pm 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!
- Once the meeting has started, please refrain from sending me questions via Whats App. If you are online, then please feel free to ask the doctors yourself or message me later and I can add it to next month's questions if you would like to remain anonymous.
- **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) and Dr Greyling will then join us between 6:00pm and 6:30pm 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.** PLEASE READ Previous notes though.

SEE YOU IN THE 'TEAM' ROOM!