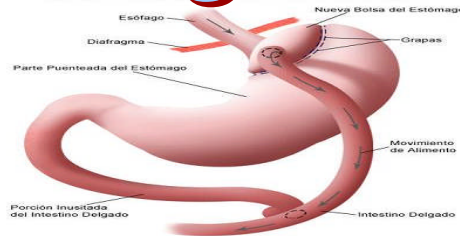


# Prescribing Hot Topics



## Reminder: Nutritional supplementation post bariatric surgery

There have been instances recently whereby GPs have been asked to prescribe Selenium for patients having undergone bariatric surgery. This hot topic serves as a reminder to prescribers of the East Lancs Medicines Management Board policy for nutritional supplementation post -bariatric surgery and can be found on the web site ([elmmmb.nhs.uk](http://elmmmb.nhs.uk)).

The term 'bariatric surgery' covers three main procedures: gastric band, sleeve gastrectomy and gastric bypass. **The greatest risk of nutritional deficiency is associated with the gastric bypass procedure and as such nutritional supplementation should only be prescribed for those patients who have undergone this procedure. For any other procedure, patients requesting supplements should purchase these over the counter** from pharmacies or health food stores. Occasionally supplementation may be recommended by Dietitians for specific patients if it is nutritionally indicated.

**The following supplements are recommended for continued prescribing in primary care following gastric bypass procedures only (to be started 6 weeks post surgery, or when patients can take solid food)**

**MULTIVITAMINS** - Forceval Capsules – One capsule each day

**IRON** - Ferrous Fumerate 210mg or Ferrous Sulphate 200mg – One tablet twice daily

**CALCIUM / VITAMIN D** - Adcal-D3 – One tablet twice daily

**VITAMIN B12** - Vitamin B12 injections may be required – as directed by the surgeon.

10% of patients who have undergone bariatric surgery may experience hair loss during the first 6 months. Patients requesting additional supplementation for hair loss post surgery may **purchase zinc and selenium over the counter (not for prescribing on FP10)**

- Solvazinc 125mg – dissolve one tablet in water three times a day after food.
- Selenase 50mcg/ml – 10ml once a day

***Nutritional supplements should only be prescribed after gastric bypass.***

***Patients wishing to take supplementation following other procedures may purchase these from pharmacies or health food stores.***