

## TWH Bariatric Surgery Information Sheet

This handout is intended to review and compare the 3 bariatric surgeries available at the Toronto Western Hospital and should be reviewed with a qualified bariatric clinician.

	<b>Sleeve Gastrectomy</b>	<b>Roux-En-Y Gastric Bypass</b>	<b>Single Anastomosis Duodeno-Ileal Bypass (SADI)</b>
<b>Eligibility</b>	BMI $\geq$ 35 w/ obesity-related comorbidities or BMI $\geq$ 40 <i>*Preferred procedure for BMI <math>\geq</math>60</i>	BMI $\geq$ 35 w/ obesity-related comorbidities or BMI 40+	BMI $\geq$ 40 Previous Sleeve Gastrectomy Demonstrated adherence to post-sleeve guidelines <i>*Potential 2-step procedure for BMI <math>\geq</math>50</i>
<b>Effect</b>	Smaller stomach	Smaller stomach Some malabsorption related to bypassed portion of the small intestine	Smaller stomach Significant malabsorption related to longer bypassed portion of the small intestine
<b>Total Weight Loss Projections</b>	25%	30%	40%
<b>Resolution Rate of Comorbidities (*CAOCPG)</b>	DM-2 30% HTN 30% OSA 40%	DM-2 40% HTN 40% OSA 50%	DM-2 80% HTN 60% OSA 70%
<b>Nutritional Risk</b>	Low	Medium	High
<b>Potential Nutrition Side Effects</b>	Vomiting Constipation	Vomiting Constipation Food Intolerances Dumping Syndrome	Bowel movements up to 10 times daily for the first 1-2 years. Bowel movements 2-4 daily for life. Bowel movements may be soft or loose Very high fat meal may cause diarrhea
<b>Follow-up Appointments</b>	1, 3, 6, 12-mos	1, 3, 6, 12-mos	1, 3, 6, 12,18-mos

	<b>Sleeve Gastrectomy</b>	<b>Roux-En-Y Gastric Bypass</b>	<b>Single Anastomosis Duodeno-Ileal Bypass (SADI)</b>
<b>Daily Vitamin Mineral Requirements</b>	Multivitamin x 2 pills Calcium 1200-1500mg B12 350-500mcg Vitamin D 2000-3000 units	Multivitamin x 2 pills Calcium 1200-1500mg B12 350-500mcg Vitamin D 2000-3000 units	Multivitamin x 2 pills Calcium 1800-2400mg B12 1000mcg Vitamin D 2000-3000 units Vit A 10,000 units Vit E 400 units Vit K 300 mcg
<b>Protein Requirements</b>	60-80g daily	60-80g daily	100-120g daily
<b>Cost</b>	Medimeal \$160 x 2wks Protein \$100 / mth (for 3-6 mos) Vitamins \$30-60 / mth Travel and parking Prescriptions Healthy diet Time off work (4 wks)	Medimeal \$160 x 2wks Protein \$100 / mth (for 3-6 mos) Vitamins \$30-60 / mth Travel and parking Prescriptions Healthy diet Time off work (4 wks)	Medimeal \$160 x 2wks Protein \$100 / mth (*for life) Vitamins \$60-80 / mth Travel and parking Prescriptions Healthy diet Time off work (4 wks)
<b>Special Consideration</b>	Advised against pregnancy for 18-24 mos post-surgery	Advised against pregnancy for 18-24 mos post-surgery	Advised against pregnancy for 24-mos post-surgery
<b>Medications</b>	Avoid oral birth control	Avoid oral birth control Avoid NSAIDS Avoid extended release Potential for malabsorption	Avoid oral birth control Avoid NSAIDS Avoid extended release Potential for malabsorption
<b>Surgical Risk (*CAOCPG)</b>	Mortality 0.01% Serious Adverse Event 3%	Mortality 0.01% Serious Adverse Event 3%	Mortality 0.02% Serious Adverse Event 5%
<b>Long-term Risks (*CAOCPG)</b>	Weight Regain GERD Barrett's Esophagus	Weight Regain Vitamin Mineral Deficiency Ulcer Internal Hernia Small Bowel Obstruction Reactive Hypoglycemia	Weight Regain Vitamin Mineral Deficiency Ulcer Internal Hernia Small Bowel Obstruction Protein Malnutrition