

# Annual Review Checklist

If you have had bariatric surgery, it is important that your GP is monitoring several aspects of your post- surgical care on a yearly basis, or sooner if required. The following check list should provide a guide for lifelong post bariatric surgery management.

- ✓ Vitamin and Mineral blood monitoring and supplementation management
- ✓ Monitoring of blood glucose control for those with a history of diabetes (including HbA1c)
- ✓ Bone health (including periodic bone density scan)
- ✓ Consider ongoing healthy lifestyle support for example a referral to a community dietitian or psychologist as required
- ✓ Screening for surgical complications including
  - a) Internal Hernia
  - b) Dumping Syndrome (can occur if you consume food or fluid with too much fat.  
Symptoms include dizziness, nausea, stomach pains and diarrhoea)
  - c) Difficulty swallowing

If your GP requires further details on your post-operative management, information is provided on the bariatric surgery health professionals page.