

Changes to your medicines after Bariatric Surgery

For patients who have had a Sleeve Gastrectomy, Roux-en-Y Bypass (RYGB) or other sleeve/bypass procedures

Changes to medicines after bariatric surgery

- A lot of changes can occur after bariatric surgery: to your body, diet, routine & medicines.
- It is important to follow medication advice from your bariatric surgery team.
- Your doctor or pharmacist may advise withholding certain medicines before or shortly after surgery to reduce the risk of complications.
- Medicines used for mood, blood pressure, blood sugar or blood-thinning may change.

Crushing/breaking your medicines

- After surgery, some people may experience difficulty absorbing large tablets & capsules, which can be fixed by splitting the tablet or opening the capsule.
- Extended-release medicines (such as “XR”, “SR” or “MR” medicines) may be poorly absorbed after surgery.
- Not all medicines can be safely crushed, such as “extended-release” or “enteric-coated” medicines.
- There may be a safer, easier-to-take option available. Ask your pharmacist if there is an alternative, or if your medicine can be safely crushed.

New medicines after surgery

- Doctors may prescribe a short course of injections called “blood thinners” to reduce the risk of blood clots forming after surgery.
- Most patients are prescribed a medicine called a PPI (Proton Pump Inhibitor) to reduce excess acid in their stomach whilst healing. It is important to take this medicine regularly for the full course length.
- All patients will take a multivitamin tablet after surgery long-term or lifelong to prevent serious complications from deficiencies. Your multivitamin regimen may change after being reviewed by your dietician or doctor.

Medicines to avoid after surgery

- Non-steroidal Anti-Inflammatory Drugs (NSAIDs) are medicines that are used to treat pain and inflammation. Examples include Ibuprofen (Nurofen®), Diclofenac (Voltaren®) and others. They can increase the risk of complications such as ulcers. You should discuss with your doctor or bariatric surgery team before taking them.
- Some medicinal liquids and syrups that contain high sugar content can cause diarrhoea, cramps and nausea.
- Dissolvable medicines that make bubbles when mixed with water may cause bloating and cramps due to gas trapping.
- Always tell your pharmacists, nurses and doctors that you have had bariatric surgery, and ask whether a new medicine is appropriate for you, or if a medicine has stopped working or causing more side-effects for you after surgery.

This leaflet is a general guide. You may also receive more specific advice on your medicines from other hospital services. If you have any additional questions about your medicines, ask your pharmacist, bariatric surgery team, surgeon or general practitioner.



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