

GP Guidance for Patients Planning Privately Funded Bariatric Surgery

Summary

- All new pre or post surgical private bariatric patients should obtain their related tests and advice about supplements via their private provider. These tests and supplements are not the responsibility of the GP.
- The local NHS bariatric service is based at Luton and Dunstable Hospital
- Complete multivitamin and mineral supplements should be purchased by patients [over the counter](#)

Background

NHS England has identified that in order to achieve the best operative, post-operative and long term obesity and comorbidity outcomes that individuals considered for obesity surgery are:

- Carefully selected
- Appropriately referred
- Fully evaluated
- Have their medical condition(s) optimised.

Herts Valleys CCG commissions tier 3 and tier 4 obesity services from Luton and Dunstable Hospital. This includes pre-operative care and postoperative follow-up for 2 years before the patient is referred back to local tier 3 services for annual review.

Some patients choose to have bariatric surgery privately, either in the UK or abroad. To enable early identification of complications and re-referral to the obesity surgeon if needed, provision of both pre- and post-operative care remains a lifetime commitment, but this level of follow up may not have been factored into private arrangements.

Follow up post bariatric surgery is the responsibility of secondary care or the private provider. If a patient chooses to have the procedure privately follow up should be continued by their private provider. However if private follow up is not possible (for example surgery took place abroad) and follow-up care at an NHS provider is requested for a patient, the patient should be referred to obesity services at Luton and Dunstable Hospital and the Herts Valleys CCG IFR process should be followed if required.

Complete multivitamin and mineral supplements

Prior to surgery, a multivitamin/mineral supplement may be required and this should always be purchased by the patient.

Following all bariatric procedures, a daily complete multivitamin and mineral supplement (containing thiamine, iron, zinc, copper and selenium) is recommended and again this should be purchased by the patient.

Examples of some of the most easily available and inexpensive multivitamin and mineral supplements are detailed below, in alphabetical order. 2 tablets per day will need to be taken of any of these preparations to ensure intake of an adequate ratio of copper to zinc.

- Asda A-Z Multivitamin & Minerals Tablets
- Morrison's A-Z Multivitamins & Minerals
- Numark/Rowlands A-Z Multivitamins & Minerals
- Sainsbury's A-Z Multivitamins & Minerals
- Sanatogen Complete A-Z
- Superdrug A-Z Multivitamin + Minerals
- Tesco A-Z Multivitamins and Minerals
- Vega ZM3 Multivitamin and Mineral Formula

Costs can vary considerably as in the following examples of cost to the patient for different suitable complete multivitamin and mineral supplements (prices correct as of August 2021):

Product	Dosage	Approx monthly purchased cost to the patient
Supermarket own brand (as above)	2 per day	£2.34
Forceval	1 per day	£13.50
Baricol	2 per day	£30.00

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Developed by:	Alison Smith, Prescribing Support Consultant Dietitian, Herts Valleys Clinical Commissioning Group & Nikki Stewart, Nutrition and Dietetic Service Manager, Herts Community NHS Trust
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