

Pregnancy after bariatric surgery

What important information do I need?

It is recommended to wait about 18-24 months after bariatric surgery to conceive. This is to avoid complications to both the mom and baby.

The oral birth control pill won't work after bariatric surgery because it is not properly absorbed. You will have to use a non-oral method of contraception, such as condoms, an IUD, nuvaring, etc. You can talk to your family doctor about options.

Most women have healthy pregnancies after bariatric surgery; however it is strongly recommended that you are followed in a high risk pregnancy clinic after bariatric surgery. Your family doctor can refer you. It is not necessary to change your nutritional needs or supplements, but should be monitored more carefully. Malabsorption of vitamins and nutrients after bariatric surgery can put both the mom and baby at risk for complications.

What information does my obstetrician need to know?

Your obstetric provider will need to know what type of bariatric surgery you have had, and whether you have had any complications. Unfortunately, there are complications from bariatric surgery that could occur at any time, including during pregnancy, and they can affect both you and your baby. Therefore, it is important that you tell your provider if you are having abdominal pain, nausea, or vomiting at any point during the pregnancy.



It is normal that I am losing weight during pregnancy?

Generally, women gain weight in pregnancy. After bariatric surgery some women do lose weight during their pregnancy. If this is your experience, a dietitian will regularly assess your food intake and your blood work. If you continue to lose weight or are simply not gaining weight, your provider may order more frequent ultrasounds to see if your baby is growing normally.

What if they believe I have gestational diabetes?

Just like before surgery, there is a chance you may get gestational diabetes, which means high sugar levels during your pregnancy. Doctors may want to test you for gestational diabetes, but some women with dumping syndrome may not be able to tolerate the sugar drink. Other monitoring methods should be considered like blood sugar tracking.

Does this mean I would have to have a caesarean section?

No. However, you are at higher risk of having one. Your obstetrician will assess and discuss this with you.

Can I still breastfeed even though I had bariatric surgery?

We strongly recommend breastfeeding, so adequate nutrition during pregnancy is very important. If you are deficient in nutrients or vitamins, your breast milk can also going to be lacking in nutrients. The obstetrician in the high risk clinic should follow your nutrient or vitamin levels so that your infant's growth and development can be monitored more closely. If you have not lost most of your weight you may experience a delay with your milk coming in. A lactation consultant can support you and assist you with successful breastfeeding.

Can I get more information about what to expect during my pregnancy? Yes! Below are links to resources that may be helpful.

www.babycenter.com/0_seven-facts-about-pregnancy-after-weight-loss-surgery_1504874.bc

<http://www.webmd.com/a-to-z-guides/tc/pregnancy-after-bariatric-surgery-topic-overview#1>

<http://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/expert-answers/pregnancy-after-gastric-bypass/faq-20058409>

**If you have any questions, please contact the TWH Bariatric clinic
(416) 603 5800 ext. 6145**

