

I am a bariatric surgery patient. What medications are recommended and which ones should I avoid?

Western Bariatric Institute surgeons perform two types of weight loss surgery - the Roux-en-Y Gastric Bypass and the gastric banding procedure, commonly called LAP-BAND®. With the Roux-en-Y, since a portion of the small bowel is bypassed, a degree of malabsorption may occur, which can affect the overall effectiveness and safety of many over the counter medications. Following is a brief guideline for medication usage after gastric bypass surgery. **Please be advised that this information is to be used as a guideline only, and any questions or concerns should always be referred to a medical professional.**

Medications

Use of some chronic medications has been evaluated and there appear to be a few changes in absorption. Cardiac medication levels, like Digoxin, should be closely monitored to avoid toxicity during rapid weight changes. Some other drugs show no changes in absorption.

The formulation of a medication may also affect how well it is absorbed by patients. Some drugs require high levels of fluid to facilitate their action. Erythromycin base (film tab) has been shown to have a lower concentration of drug due to delays in absorption in gastric bypass patients. Speculation is that a change in gastric emptying time, resulting in increased drug time in the acidic environment of the stomach, may have eliminated the buffer or protective system in the drug and caused the erythromycin to be destroyed.

Extended-release preparations should be avoided, since the means of delayed absorption might be affected. These products cannot be crushed for easier swallowing. The delayed release system will be corrupted and can lead to an unusually large amount of medication released into the system all at once.

Bariatric Health Q & A

Drugs that are corrosive to the gastric lining are not recommended (i.e.: Aspirin, Non steroidal antiinflammatory drugs - Ibuprofen and naproxen, Potassium supplements, to name a few).

As gastric bypass patients, you must protect yourselves. If a physician prescribes a drug for you, ask questions. Remind him or her that you are a gastric bypass patient and request to know the effects of the drug(s) as they pertain to you.

MEDICATIONS TO AVOID

Advil	Cortisone
Alka-Seltzer	Excedrin
Vanquish	Fiorinal
Aspirin	Ibuprofen
Bufferin	Motrin
Coricidin	Pepto-Bismol

MEDICATIONS RECOMMENDED FOR COLDS

Benadryl	Dimetapp
Robitussin	Sudafed
Triaminic	Tylenol Cold Products

MEDICATIONS USUALLY WELL TOLERATED

(Try to obtain sugar free or diabetic forms for any of these products)

Panadol	Tylenol Extra Strength
Tylenol	Dulcolax Suppositories
Gas-X	Fleet Enemas
Phazyme	Glycerin Suppositories