

Maternal and Perinatal Outcomes in Early versus Delayed Conception after Bariatric Surgery

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Objectives: A notable proportion of patients become pregnant within 1-3 months after bariatric surgery. This study aims to compare outcomes in patients conceiving before 18 months versus those conceiving after 18 months after bariatric surgery.

Methods: Retrospective Data was collected on patients who became pregnant after bariatric surgery over a period of 2 year from January 2023 to December 2024. The patients were divided into two groups: Group 1 included patients who conceived before 18 months post-surgery (n=14), and Group 2 included those who conceived after 18 months post-surgery (n=14). A retrospective analysis compared maternal and perinatal outcomes in both groups.

Results: In Group 1, 64% of patients had undergone sleeve gastrectomy compared to 36% who had gastric bypass. In Group 2, the trend was reversed (28% vs. 72%). There were no differences between the groups in terms of mean age, parity, BMI, maternal complications like gestational hypertension, gestational diabetes except for higher rates of preeclampsia in group 1. Also, Group 1 had significantly lower average hemoglobin levels (10.1 vs. 11.1) and a higher prevalence of mild Iron deficiency anemia (64% vs. 35%) at delivery compared to Group 2. Additionally, the C-section rate was significantly higher in Group 1 (64% vs. 36%) mainly due to protracted labor and arrest disorders (Table 1).

Conclusions: The ideal recommended time for pregnancy after bariatric surgery is 12-24 months for optimal weight stabilization and nutritional recovery. In our study, obstetrical outcomes were similar in both groups except for higher incidence of anemia, preeclampsia and higher rates of C-section in patients conceiving before the recommended interval. There were no significant differences in other maternal and fetal outcomes in both the groups.

Table 1

Variables	Group 1	Group 2	p-Value
Age, y mean (± SD)	30.8 (± 5.1)	31.6 (± 4.7)	0.68
Parity, n median (range)	1(0-6)	1 (0-5)	0.98
BMI ¹ at delivery mean (± SD)	41.6 (± 8.1)	39.4 (± 10.0)	0.54
Type of Bariatric surgery, n (%)			<0.05
Gastric sleeve	9 (64%)	4 (28%)	
Gastric bypass	5 (36%)	9 (72%)	
Method of delivery, n (%)			<0.05
C-section	9 (64%)	7 (50%)	
NSVD	5 (36%)	7 (50%)	
Maternal complications, n(%)			
None	4 (28%)	5 (35%)	0.54
Anemia	9 (64%)	5 (35%)	<0.05
GHTN	1 (7%)	4 (28%)	0.06
GDMA	2 (14%)	1 (7%)	0.08
PEC	2 (14%)	0	<0.05
≥ 2 complications	5 (35%)	3 (21%)	0.09
Hgb at delivery, mg/dl mean (± SD)	10.1 (± 0.9)	11.1 (± 0.7)	<0.05
Fetal weight at birth, gm mean (± SD)	3421.6 (± 357.5)	3124.0 (± 666.2)	0.16
Gestational Age at birth, weeks mean (± SD)	39.6(± 1.2)	38.6 (± 1.3)	0.21
QBL ² at delivery, ml mean (± SD)	228(± 678.8)	342.9 (± 289.0)	0.42

1.Body Mass Index
2.Quantitative Blood Loss