Patient Perspectives on Post-Bariatric Surgery Nutritional Supplementation

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Introduction

- Bariatric procedures increase patient risk of long-term metabolic complications primarily due to nutrient deficiencies
- Prevention routinely includes long-term vitamin and mineral supplementation
- Barriers to patient compliance with supplementation are poorly understood

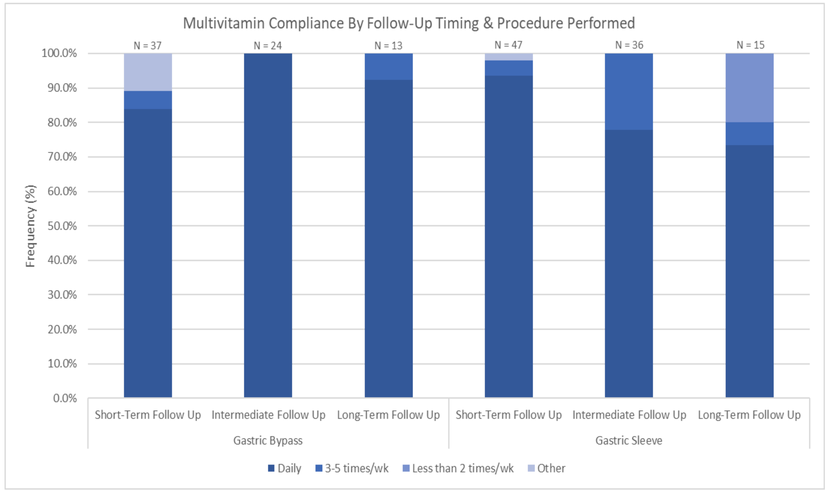


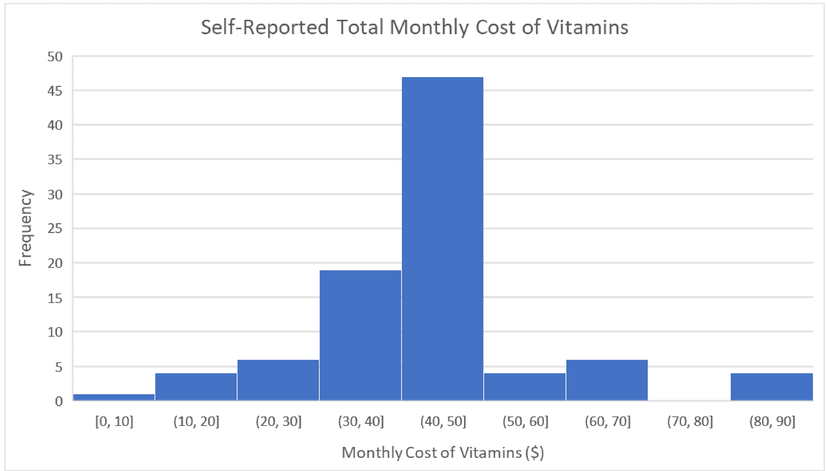
Methods

- Post-bariatric surgery patients electively participated in an 11-point outpatient survey at a single institution
- Survey items:
  - dichotomous (yes/no)
  - multiple choice
  - open-ended free response questions
- Descriptive statistics were evaluated



Results





- 98% of patients reported that insurance did not cover their supplement cost
- Vitamin non-compliance was attributed to forgetting (54%), side effects (11%), and taste (11%)
- Patient-reported reminder strategies included tying into daily routine (55%), use of a pill box (7%), and alarm reminders (7%)

Conclusion

- Daily compliance with post-bariatric vitamin supplementation does not appear to vary based on post-operative time-period or surgical procedure
- Widespread utilization of patient-reported reminder strategies may lead to improved overall compliance and reduce the incidence of nutritional deficiencies

