

Preventing Gallstones After Bariatric Surgery



What Are Gallstones?

Gallstones are hard deposits that form in the gallbladder, varying in size from as small as a grain of salt to as large as a golf ball. These stones can cause sudden pain, infection, or swelling, often requiring treatment, including gallbladder removal surgery. Gallstone formation is more common in individuals who experience rapid weight loss, such as those who undergo bariatric surgery.



Preventing Gallstones After Surgery

To help prevent gallstones, your surgeon may have prescribed a medication called **Ursodiol**, which may also be known by brand names like Actigall, Reltone, Urso 250, or Urso Forte. It's important to take this medication for at least six months after surgery to significantly reduce your risk of developing gallstones. Be sure to follow all instructions provided by your surgeon and on the prescription label.



Managing Your Prescription

If you're running low on medication, contact your bariatric surgery team or surgeon to request a refill before you run out. Don't forget to check **GoodRx** for possible discounts on your prescription!