

Postprocedure checklist*

Checklist item	LAGB	SG	RYGB	BPD/DS
Early postoperative care				
✓ Monitored telemetry at least 24 hr if high risk for MI	✓	✓	✓	✓
✓ Protocol-derived staged meal progression supervised by RD	✓	✓	✓	✓
✓ Healthy-eating education by RD	✓	✓	✓	✓
✓ Multivitamin plus minerals (no. of tablets for minimal requirement)	1	2	2	2
✓ Elemental calcium (as calcium citrate), mg/d	1200–1500	1200–1500	1200–1500	1800–2400
✓ Vitamin D, at least 3000 units/d, titrate to >30 ng/mL	✓	✓	✓	✓
✓ Vitamin B ₁₂ as needed for normal range levels	✓	✓	✓	✓
✓ Maintain adequate hydration (usually >1.5 L/d PO)	✓	✓	✓	✓
✓ Monitor blood glucose with diabetes or hypoglycemic symptoms	✓	✓	✓	✓
✓ Pulmonary toilet, spirometry, DVT prophylaxis	✓	✓	✓	✓
✓ If unstable, consider PE, IL	PE	PE	PE/IL	PE/IL
✓ If rhabdomyolysis suspected, check CPK	✓	✓	✓	✓
Follow-up				
✓ Visits: initial, interval until stable, once stable (mo)	1, 1–2, 12	1, 3, 6, 12	1, 3, 6–12	1, 3, 6
✓ Monitor progress with weight loss and evidence of complications each visit	✓	✓	✓	✓
✓ SMA-21, CBC/plt with each visit (and iron at baseline and after as needed)	✓	✓	✓	✓
✓ Avoid nonsteroidal anti-inflammatory drugs	✓	✓	✓	✓
✓ Adjust postoperative medications	✓	✓	✓	✓
✓ Consider gout and gallstone prophylaxis in appropriate patients	✓	✓	✓	✓
✓ Need for antihypertensive therapy with each visit	✓	✓	✓	✓
✓ Lipid evaluation every 6–12 mo based on risk and therapy	✓	✓	✓	✓
✓ Monitor adherence with physical activity recommendations	✓	✓	✓	✓
✓ Evaluate need for support groups	✓	✓	✓	✓
✓ Bone density (DXA) at 2 yr	✓	✓	✓	✓
✓ 24-hr urinary calcium excretion at 6 mo and then annually [†]	x	x	x	✓
✓ B ₁₂ (annually; MMA and Hcy optional; then q 3–6 mo if supplemented)	✓	✓	✓	✓
✓ Folic acid (RBC folic acid optional), iron studies, 25-vitamin D, iPTH	x	x	✓	✓
✓ Vitamin A (initially and q 6–12 mo thereafter)	x	x	Optional	✓
✓ Copper, zinc, selenium evaluation with specific findings	x	x	✓	✓
✓ Thiamine evaluation with specific findings	✓	✓	✓	✓
✓ Consider eventual body contouring surgery	✓	✓	✓	✓
✓ Lifestyle medicine evaluation: healthy eating index; cardiovascular fitness; strength training; sleep hygiene (duration and quality); mood and happiness; alcohol use; substance abuse; community engagement	✓	✓	✓	✓
✓ Hemoglobin A1C, TSH evaluation in long-term follow-up	✓	✓	✓	✓