

MEDICATIONS AFTER BARIATRIC SURGERY

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DIFFERENCES IN DRUG FORMULATION

- ▶ Immediate release
 - ▶ Dissolves and gets absorbed right away in the stomach
- ▶ Extended release (“XR”, “ER”, “SR”, “DR”, “CR”)
 - ▶ Delivers medication over an extended period of time
 - ▶ Sleeve patients can use intact extended release medications
 - ▶ Gastric Bypass and Duodenal Switch surgeries change your stomach into a small pouch and shorten your intestine
 - ▶ **Extended release medications are not absorbed properly with these surgery types**

IF UNABLE TO TOLERATE LARGE MEDICATIONS



- ▶ Large tablets may be cut... **DO NOT CRUSH!**
- ▶ Capsules may be open and sprinkled
- ▶ Gel caps may be punctured and squeezed
- ▶ Liquid forms are an option for some medications
 - ▶ Many contain sugar = CALORIES
 - ▶ Choose sugar-free or diabetic versions
- ▶ Talk to the pharmacist before adjusting any medicines
- ▶ Tell all healthcare providers!
 - ▶ Doctors, nurse practitioners, pharmacists, dentists, optometrists, etc.



**Scored
Tablet**



DRUGS TO AVOID FOR LIFE

AVOID NSAIDS

(Non-steroidal anti-inflammatory drugs)

Advil, Motrin, Aleve,
Naproxen, Ibuprofen,
Aspirin*, BC/Goody's
Powder, Excedrin,
Certain Cold
Products, Diclofenac,
Celecoxib/Celebrex*
Meloxicam/Mobic

**WILL
RISK
ULCERS!**

**Tylenol (Acetaminophen)
is your pain reliever
of choice now!**

***Exceptions:**

- ▶ 81 mg coated aspirin
- ▶ Celebrex provided short-term in the hospital

COLD AND FLU MEDICINES

- ▶ Avoid over-the-counter (OTC) medicines that contain NSAIDS
- ▶ Choose medicines that are sugar-free
- ▶ To treat nasal congestion: phenylephrine (Sudafed PE) or pseudoephedrine (Sudafed) and oxymetazoline (Afrin) nasal spray. Consider saline spray if you have high blood pressure concerns.
- ▶ To treat cough: dextromethorphan (Delsym). If you have a thick productive cough, consider a guaifenesin combination product (Mucinex DM) with plenty of water.
- ▶ To treat sore throat: sugar-free lozenges (Halls, Cepacol) or throat spray (Chloraseptic)
- ▶ To treat fever/aches and pains: acetaminophen (Tylenol)
- ▶ Combination products examples: DayQuil Cold & Flu, Theraflu Severe Cold, and Tylenol Cold + Flu

HOW LONG TO HOLD MEDICATIONS BEFORE SURGERY

Medication	Length
NSAIDs (Motrin, Aleve, Advil, etc.)	1 week
Coumadin® (Warfarin)	1 week
Pradaxa® (Dabigatran)	1-5 days (based on renal function)
Xarelto® (Rivaroxaban)	1 day
Eliquis® (Apixaban)	2 days
Plavix® (Clopidogrel)	5 days
Effient® (Prasugrel)	5 days
Brilinta® (Ticagrelor)	1 week
Metformin® (Glucophage)	2 days (48 hours)
Oral estrogen containing contraceptives and hormone replacements	1 week

**Speaking of contraceptives...
Use a non-oral birth control (IUD) and a barrier back-up method (condoms) for 18-24 months after surgery**

CHANGE IN DOSAGES OF MEDICATIONS

- ▶ High cholesterol, high blood pressure, diabetes
 - ▶ May need a reduction in doses or even may be discontinued after surgery – **ONLY BY A MEDICAL PROFESSIONAL**
 - ▶ **Make appointment for 1-2 weeks after surgery**
 - ▶ Continue to monitor blood sugar, blood pressure, etc.
- ▶ Managing low blood sugar (less than 70) – “Rule of 15”
 - ▶ Consume 15g of carb: **3-4 glucose tablets, 1 tube of glucose gel, 1 tablespoon of honey or syrup, 4 ounces (1/2 cup) of juice**
 - ▶ Wait 15 minutes and recheck. Repeat if still below 70.
 - ▶ Once your blood sugar is above 70, be sure to eat a meal or snack within an hour to keep from dropping again.

MEDICAL ID BRACELET

- ▶ Name
- ▶ Surgery Type:
 - ▶ Sleeve Gastrectomy
 - ▶ Roux-en-Y Gastric Bypass
 - ▶ Duodenal Switch
- ▶ No NSAIDs
- ▶ No Blind NGT



Road ID



MEDICATION QUESTIONS??