**Table 1:** Abbreviated summary of BOMSS post-surgery nutritional guidance for blood tests and supplements (20)

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| --- | --- | --- |
|  | **Annual screening blood tests** | **Nutritional supplementation** |
|  | **LAGB** | **Gastric bypass** | **Sleeve gastrectomy** | **LAGB** | **Gastric bypass** | **Sleeve gastrectomy** |
| FBC | **x** | **x** | **x** |  |  |  |
| U&Es | **x** | **x** | **x** |  |  |  |
| LFTs | **x** | **x** | **x** |  |  |  |
| Ferritin |  | **x** | **x** |  |  |  |
| Folate |  | **x** | **x** |  |  |  |
| Calcium |  | **x** | **x** |  |  |  |
| Vitamin D |  | **x** | **x** |  |  |  |
| PTH |  | **x** | **x** |  |  |  |
| Thiamine |  | **S** | **S** |  |  |  |
| Vitamin B12 |  | **x** | **x** |  |  |  |
| Zinc |  | **x** |  |  |  |  |
| Copper |  | **x** |  |  |  |  |
| Vitamin A |  | **S** |  |  |  |  |
| Vitamin E |  | **S** |  |  |  |  |
| Vitamin K |  | **S** |  |  |  |  |
| Selenium |  | **S** |  |  |  |  |
| Multivitamin supplement |  |  |  | **x** | **x** | **x** |
| Iron supplement |  |  |  |  | **x** | **x** |
| Folic acid supplement |  |  |  |  | **x** | **x** |
| Vitamin B12 supplement |  |  |  |  | **x** | **x** |
| Calcium and vitamin D supplement |  |  |  |  | **x** | **x** |

LAGB= laparoscopic adjustable gastric band

U&Es=urea and electrolytes, FBC=full blood count, LFTs=liver function tests, PTH=parathyroid hormone

S=measure if concerning signs or symptoms