

Table 2 Preoperative nutritional assessment

Preoperative nutritional assessment	
Recommendations	Grade, Evidence level, (Range of evidence)
<ul style="list-style-type: none"> All people should have a comprehensive nutritional assessment prior to bariatric surgery 	Grade D EL 4
Haematinics <ul style="list-style-type: none"> Check full blood count including haemoglobin, ferritin, folate and vitamin B12 levels 	Grade B EL 2 (1+ to 4)
Vitamin D, calcium and parathyroid hormone <ul style="list-style-type: none"> Check serum 25-hydroxyvitamin D levels Check serum calcium levels Check serum/plasma parathyroid hormone levels Seek advice from a specialist with expertise in primary hyperparathyroidism if primary hyperparathyroidism is suspected 	Grade B EL 2 (2++ to 3) Grade D EL 4 Grade B EL 2 (2++ to 3) GPP
Vitamin A, zinc, copper, selenium and malabsorptive procedures <ul style="list-style-type: none"> Consider checking serum vitamin A levels in individuals going forward for malabsorptive procedures such as BPD/DS or where vitamin A deficiency may be suspected Consider checking serum zinc, copper and selenium levels in individuals going forward for malabsorptive procedures such as BPD/DS or if a deficiency is suspected 	GPP GPP
Thiamine <ul style="list-style-type: none"> There is insufficient evidence to support a recommendation to screen an individual's thiamine levels pre surgery; however, some individuals may have low levels 	Grade D EL 3 (2- to 3)
Magnesium <ul style="list-style-type: none"> There is insufficient evidence to support a recommendation to screen an individual's magnesium level pre surgery 	GPP
HbA1c, lipids, liver and renal function <ul style="list-style-type: none"> Routinely screen HbA1c, lipid profile, liver and kidney function tests and treat as necessary 	GPP
Correction of nutritional deficiencies preoperatively <ul style="list-style-type: none"> Treat and correct nutritional deficiencies preoperatively as individuals have an increased risk of deficiencies postoperatively 	GPP

EL = Evidence level and depicts where the majority of evidence lies. GPP =Good practice point. The range of evidence level is given in brackets. BPD/DS=duodenal switch