

PREGNANCY FOLLOWING BARIATRIC SURGERY

Many women experience infertility problems due to excess weight. After surgery and some weight loss it is not uncommon for that problem to resolve.

Bariatric surgery is a time of change with great nutritional demands on the body. It is recommended that the post bariatric patient not become pregnant during the first 12-18 months following surgery due to the high nutritional needs during rapid weight loss. This weight loss can be achieved safely with adequate nutritional intake.

Pregnancy is another time of great nutritional demands. The first year following surgery is all about the patient getting their nutritional needs. If a patient becomes pregnant, it becomes all about the baby. It is difficult for a body to sustain a healthy pregnancy during the first year following surgery.

When and if pregnancy occurs, NCSA has a pregnancy protocol that we encourage you to show to your doctor. We also encourage you to meet with one of our dietitians again to discuss nutritional needs of pregnancy. If pregnancy occurs, please let us know so we can help guide you through a healthy pregnancy.