



## Home medications and Weight Loss Surgery

### *A word about taking medications after weight loss surgery;*

Many of our patients are on several home medications and many of these meds will need to be continued after surgery. After weight loss surgery, particularly with the cutting operations (sleeve, bypass...), you may have significant difficulty and not be able to take your med easily. Size of the pill may not be the only problem, it may also be taste and texture. Many meds taste bitter and have a strong taste that can cause significant nausea in a patient early after surgery and as a consequence trigger vomiting and/or retching. Early after surgery we want the patient to avoid heaving and retching.

The weight loss operation will likely force you to take one med at a time. Often when the med is large (*ex. vitamin size*) those meds will need to be cut into smaller pieces or crushed for you to be able to swallow them. Cut meds are likely to trigger less heaving and retching than crushed medications. Please start thinking on how you will manage your meds after surgery. Talk with your pharmacist to ensure that you can cut or crush them. Also talk to your doctor that prescribes these meds about alternatives and options. Many extended release meds or capsules cannot be cut. If the pill is large you may have difficulties and not be able to take the med. Meds can also be liquefied if necessary. Some are available in patch form.

Please have these discussions with your pharmacist and/or prescribing doctor in advance prior to surgery. Some medications should not be stopped, and you have to have a plan in place to take those medications despite the difficulties, to continue to manage your medical problems. Please use our form called “ **Medication list for pharmacist**” – list all your meds on this form and take it to the pharmacist. The form explains to the pharmacist how he/she can help you prepare for your operation.

### **Examples:**

- ⇒ A large 200 mg pill that would need to be cut may be taken as two smaller 100 mg pills instead.
- ⇒ All meds now a days can be liquefied. Caution: many liquid meds are made very sweet. Very sweet is often a trigger for retching.
- ⇒ A large daily extended release pill can be changed to a smaller twice a day pill.
- ⇒ A different pill for the same medical problem may taste better.