

# Abstract

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## The Essential Role of Thiamine in the Postoperative Management of Roux-en-Y Gastric Bypass Patients

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**BACKGROUND:** Roux-en-Y gastric bypass, which has been considered the gold standard procedure for surgical weight loss in this decade, is not without risks. The malabsorptive component of this procedure, which aids in weight loss, can put patients at risk for multiple nutritional and vitamin deficiencies. During the first postoperative year, close monitoring of laboratory values can allow the care provider to correct any micronutrient deficiencies that may occur. Monitoring of protein levels and micronutrients on a yearly basis is necessary for the remainder of the patient's life for optimal health.

**SUMMARY:** This article presents three case studies that illustrate the vital role of carefully monitored vitamin supplementation in the postoperative management of Roux-en-Y gastric bypass patients. Specifically, the role of thiamine (B1) in maintaining optimal health is explored.

