

Dr Sabin Warner-Smith

Post Bariatric Surgery

Blood Test Guide

A Reference for General Practitioners

As part of our ongoing post-operative care service, we routinely arrange blood tests for our bariatric and weight loss patients to ensure optimal nutritional monitoring and long-term health outcomes.

We've created the table below as a quick reference guide to assist you when reviewing or managing patients who have previously undergone bariatric surgery. It outlines the recommended blood tests and frequencies for the most common procedures — sleeve gastrectomy, one-anastomosis gastric bypass, and Roux-en-Y gastric bypass.

We're always happy to review new patients or provide support for anyone along their weight loss journey, regardless of where their surgery was performed. Please don't hesitate to contact us if you ever need advice or would like to discuss a patient, we are always happy to help.

Recommended Blood Tests

Blood Test	Recommended Frequency	Sleeve Gastrectomy	One-Anastomosis Gastric Bypass	Roux-en-Y Gastric Bypass
Full Blood Count (FBC)	Annually	✓	✓	✓
Iron Studies (Serum Iron, Ferritin, Transferrin Saturation)	Annually	✓	✓	✓
Vitamin B12 + Thiamine	Annually	✓	✓	✓
Folate	Annually	✓	✓	✓
Vitamin D	Annually	✓	✓	✓
Calcium, Magnesium + Phosphate	Annually	✓	✓	✓
Parathyroid Hormone (PTH)	Annually		✓	✓
Zinc	Annually		✓	✓
Copper	Annually		✓	✓
Albumin	Annually	✓	✓	✓
Liver Function Tests (LFTs)	Annually	✓	✓	✓
Glucose/HbA1c	Annually	✓	✓	✓
Lipid Profile	Annually	✓	✓	✓

- **Lifelong Monitoring:** Patients require lifelong monitoring after bariatric surgery to ensure adequate nutritional status and prevent complications.
- **Increased Frequency:** More frequent testing may be indicated based on individual patient needs, symptoms, or identified deficiencies. Please consider more frequent testing (e.g. 3-6 monthly) if clinically warranted.
- **Recommended Multivitamins:** We recommend patients use a high-quality bariatric specific multivitamin, e.g. BN Healthy or Fitforme.



Dr Sabin Warner-Smith

MBBS, MSURG, FRACS (GENERAL SURGERY)

General Surgery, Bariatric - Obesity Surgery

FNQ Surgical
14 Minnie Street
Cairns QLD 4870

P: 07 4051 4860
F: 07 4051 9450

www.cairnsprivate.com.au/For-GPs/Specialists/cairns-private-hospital/general-surgery/108327/dr-sabin-warner-smith