

Patient Information Leaflet: Care and prescribing after weight loss surgery outside the NHS

Weight loss surgery is a package of care. The operation is only one part of treatment. You'll need routine care before and after the actual operation. NHS Grampian is under no obligation to provide this (see NHS Inform for more details).

NHS Grampian will provide care in an emergency or if you are pregnant.

Care during the first two years after surgery:

Your GP does not have to provide routine care for the first two years after weight loss surgery. This care is the responsibility of the private surgery provider.

If your private provider cannot help, it is up to you to find and pay for these services. This includes:

- **Blood tests** – Routine blood tests during the first two years must be arranged by the surgery provider. If they can't, you'll need to arrange these yourself.
- **Specialist follow-ups** – The surgery provider is responsible for follow-up appointments in the first two years. If they don't offer this, you'll need to arrange it.
- **Medicine changes** – If the private provider recommends changes to forms of medicines (e.g. liquid forms), they must provide prescriptions for them.
- **Nutritional supplements** – Everyone who has weight loss surgery needs lifelong nutritional supplementation. For the first two years, the private provider is responsible for prescribing/supplying these.

Care after two years:

After two years, your NHS GP can take over annual monitoring and prescribing of nutritional supplementation you will need for life.

NHS prescriptions and care will follow NHS Grampian guidelines, which may differ from what your private provider recommends.

GPs cannot provide these services before two years, as specialist monitoring is needed during this time.