

Patient Information Leaflet - planning for privately funded bariatric (weight loss) surgery in the UK or abroad.

Some people undertake bariatric surgery privately in the UK or abroad. The service provided by different bariatric centres may vary so it is important to ensure the provider is right for you and provides appropriate before and after support. If you arrange bariatric surgery privately you cannot rely on the NHS for routine follow up care, this is the responsibility of your bariatric surgery centre. Read through the checklist below which lists things to think about before having private bariatric surgery.

Note: If you have bariatric surgery privately you cannot rely on the NHS for routine follow-up care

Mental Health support

Mental health support is usually needed before and after bariatric surgery. Getting this support is important for your health and wellbeing as well as the outcomes of your surgery. It can be provided in many ways including in a group or individually. Please talk to your planned bariatric surgery centre to discuss and arrange the support which is best for you.

What care should you expect before bariatric surgery?

- A complete nutritional assessment by a specialist dietitian, who is an expert in bariatric nutrition.
- The dietitian should offer you support and provide important information to help you to prepare for surgery and be aware of the changes you will need to make after surgery.
- Blood tests which look for nutritional deficiencies and monitor diabetes, cholesterol, and kidney function (routine blood tests not related to bariatric surgery will still be provided by the NHS).
- Any nutritional deficiencies identified may need to be treated before bariatric surgery can go ahead.
- You may be advised to follow a low calorie/low carbohydrate diet before your operation to reduce the size of your liver.
 - You may have to buy a multivitamin and mineral supplement alongside this diet to meet your nutritional needs. The unit should advise on which types and amounts of multivitamin supplement are needed.

It is important to understand that people who have chosen to have bariatric surgery privately, either abroad or in the UK, are not automatically entitled to NHS follow-up care.

What care should you expect after bariatric surgery?

People who have had bariatric surgery need lifelong follow up care to ensure that their nutritional needs are met. This is the responsibility of your chosen private bariatric centre for **at least two years** after your surgery.

After the first two years, further monitoring of your nutritional needs should be reviewed at least once a year. This may be provided by your GP if they have agreed to do this with your bariatric centre's support.

However, if your chosen bariatric centre has told you that your surgery causes malabsorption (a condition caused by the gut not absorbing nutrients), they should provide follow up care for life.

After most bariatric procedures it is recommended that a complete (A-Z) multivitamin and mineral supplement should be taken every day, life-long. This should be purchased over the counter. Guidance on suitable, widely available supplements can be found in table 1 below.

Table 1: A-Z multivitamin and mineral supplements (suitability and price checked January 2026).
Please note: these supplements are not suitable in pregnancy- please ensure you seek specialist advice if you are pregnant or planning to become pregnant after bariatric surgery.

Surgical procedure	Suitable over-the-counter preparations	Price per 28 days (based on best value pack size)
Gastric band, Sleeve gastrectomy, Gastric bypass, Duodenal switch	Take ONE daily: <ul style="list-style-type: none"> Forceval Capsules Take TWO daily: <ul style="list-style-type: none"> Asda A-Z Multivitamin & Minerals Tablets Boots A-Z Multivitamin and Minerals Food Supplement Holland & Barrett - ABC-Z Multivitamins Morrison's A-Z Multivitamins & Minerals Numark/Rowlands A-Z Multivitamins & Minerals Sainsbury's A-Z Multivitamins & Minerals Sanatogen Complete A-Z Superdrug A-Z Multivitamin + Minerals Tesco A-Z Multivitamins and Minerals MyVitamins A-Z Multivitamin Capsules 	£13.52 £2.91 £1.74 £1.57 £3.02 £3.70 £3.08 £10.04 £2.17 £3.08 £3.08

