Food Tolerance after Laparoscopic Sleeve Gastrectomy in King Saud Medical City, Riyadh, Saudi Arabia

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ABSTRACT

After bariatric surgery the alteration of gastrointestinal anatomy and the physiological changes in postoperative patients may affect the food tolerance. Therefore, the aim of this study was to assess the quality of life and food tolerance level after laparoscopic sleeve gastrectomy (LSG) with monthly follow-ups in Saudi Arabia. This is a cross-sectional study that was conducted on patients aged 18–65 years who underwent LSG during Nov 2016 to Sep 2018 in a tertiary care hospital, Saudi Arabia. Data were collected using the questionnaire "Quality of Alimentation," which assessed the patient's satisfaction, time between meals and other food intake, food tolerance level, and vomiting/regurgitation frequency. This study with 110 LSG patients included 28 (25.5%) males and 82 (74.5%) females. The average age was 33.6±9.3 years. Overall, 47 (42.7%) patients reported excellent eating satisfaction whereas 42 (38.2%) reported good eating satisfaction. Additionally, 57 (51.8%) patients reported that they consumed 3–4 meals/day and 23 (20.9%) consumed >5 meals/day. Similarly, 40 (36.4%) patients reported that they could eat everything. Most patients reported that they could eat red meat, white rice, bread, and fish. Seventy-two (65.5%) patients consumed lunch, and this was significantly associated with the number of postoperative months ($p<0.05$). More than 70% of the patients reported that they could easily consume red meat, white meat, vegetables, and fish during the 1-year follow-up period, which was significantly associated with the number of postoperative months ($p<0.05$). Overall, 73.8% of the patients experienced vomiting/regurgitation, and the average food tolerance in all postoperative months was 17.74, which was not significantly associated with the number of postoperative months ($p>0.05$). The intensity of food tolerance and quality of eating habits were very poor among the study sample compared with other studies. The questionnaire provided evidence on food tolerance and quality and was used to compare postoperative results. Prospective and experimental studies should be performed to determine better opportunities for improving patients' satisfaction and Quality of Life.

Keywords: Gastrectomy, Bariatric Surgery, Questionnaire, Regurgitation

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