

# INTERNATIONAL OBESITY, BARIATRIC AND METABOLIC SURGERY SUMMIT AND EXPO

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## Fasting and metabolic surgery

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Fasting poses a challenge to people who have undergone metabolic surgery. Religious and spiritual fasting manifests in Judaism, Buddhism and Islam. Some currently fast for detoxification, which is an emerging dietary habit. A total fast (all forms of nourishment including liquids) during long summer days puts these patients at risk of dehydration and poor calorie and nutrient intake. Currently, there is scant data about the effect of fasting on glucose and nutritional

intake. Due to the lack of guidelines, health care providers have been giving conflicting advice regarding the most appropriate measures for people who have undergone bariatric surgery wishing to fast. In this presentation, we will highlight the nutritional intake, hunger and satiety level. We will provide a summary on the management of diabetes, medication and nutritional intake.

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