

# **UPDATE IN MANAGEMENT OF COMPLICATIONS AFTER LAPAROSCOPIC GASTRIC BYPASS**

An Essay

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# الوسائل الحديثة في علاج المضاعفات الناتجة عن عملية تحويل مسار المعدة بالمنظار

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توطئة للحصول على درجة الماجستير في الجراحة العامة

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

وَأَنْزَلَ اللَّهُ  
عَلَيْكَ الْكِتَابَ  
وَالْحِكْمَةَ  
وَعَلَّمَكَ مَا لَمْ  
تَكُنْ تَعْلَمُ  
وَكَانَ فَضْلُ  
اللَّهِ عَلَيْكَ  
عَظِيمًا

صدق الله العظيم  
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(١١٣)



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# LIST OF CONTENTS

Title	Page No.
Introduction.....	١
Aim of the work.....	٥
Review of Literature	
• <b>Chapter I:</b> Pathophysiology of obesity .....	٦
• <b>Chapter II:</b> Laparoscopic gastric bypass as a surgical treatment of morbid obesity.....	٣٤
• <b>Chapter III:</b> Physiological changes of the gut after laparoscopic gastric bypass.....	٦٩
• <b>Chapter IV:</b> Complications in the early post operative period and their management.....	١٠٢
• <b>Chapter V:</b> Late post operative complications and their management.....	١١٥
Summary.....	١٣٦
References.....	١٣٨
Arabic Summary .....	—

## LIST OF TABLES

Tab. No.	Title	Page No.
<b>Table (١):</b>	Protein Deficiency Associated with RYGBP.....	٧٧
<b>Table (٢):</b>	Vitamin B١٢ Deficiency. ....	٨٤
<b>Table (٣):</b>	Iron Deficiency in Gastric Bypass Patients. ....	٩٠
<b>Table (٤):</b>	Rates for remission of type ٢ diabetes mellitus .....	٩٧
<b>Table (٥):</b>	Effects of GBP surgery on obesity-related co-morbidities.....	١٠١
<b>Table (٦):</b>	A total score greater than ٦ indicates a high probability of a PE, a score between ٢ and ٦ moderate probability and a score below ٢ low probability .....	١٠٨

# LIST OF FIGURES

Fig. No.	Title	Page No.
Figure (١):	Pathogenesis of health problems associated with obesity .....	٣٣
Figure (٢):	Roux-en-Y gastric bypass.....	٤٠
Figure (٣):	High section of the stomach with a linear stapler.....	٤٣
Figure (٤):	Anvil is delivered & preparing to deliver through stomach wall.....	٤٤
Figure (٥):	Position of trocars in trans oral technique .....	٤٥
Figure (٦):	An endoscope is passed into the gastric pouch.....	٤٥
Figure (٧):	Circular stapled anastomosis .....	٤٦
Figure (٨):	Position and port placement in hand sewn technique.....	٤٧
Figure (٩):	Formation of gastric pouch and gastrojejunostomy .....	٤٨
Figure (١٠):	Location of trocar sites .....	٤٩
Figure (١١):	An enterotomy and a gastrotomy are created, and ١,٥ cm of the linear stapler is placed into each lumen .....	٥٠
Figure (١٢):	The Roux limb is approximated to the posterior wall of the gastric pouch using non-absorbable sutures .....	٥١
Figure (١٣):	Creation of jejunojunctionostomy .....	٥٢
Figure (١٤):	Mini-gastric bypass.....	٥٤
Figure (١٥):	Numbers of bariatric procedures from ٢٠٠٠ to ٢٠٠٧.....	٦٦
Figure (١٦):	Comparison of regression of BMI after LAGB and after RYGBP shows increased weight loss after revision of LAGB to RYGP .....	٦٨



## LIST OF FIGURES (Cont...)

<b>Fig. No.</b>	<b>Title</b>	<b>Page No.</b>
<b>Figure (١٧):</b>	Possible improvement of glucose control after RYGBP.....	٧٤
<b>Figure (١٨):</b>	Postoperative leak from the gastrojejunal anastomosis.....	١٠٥
<b>Figure (١٩):</b>	Transverse CT image of the upper abdomen.....	١٠٦
<b>Figure (٢٠):</b>	Postoperative edema at the gastrojejunal anastomosis.....	١١١
<b>Figure (٢١):</b>	Post-operative edema at the jejuno-jejunal anastomosis with mild, partial small bowel obstruction .....	١١٣
<b>Figure (٢٢):</b>	Normal postoperative anatomy and potential mesenteric defects for IH following RYGBP .....	١١٦
<b>Figure (٢٣):</b>	Internal hernia in the left upper and mid abdomen.....	١١٧
<b>Figure (٢٤):</b>	Transmesocolonic internal hernia after gastric bypass surgery.....	١١٧
<b>Figure (٢٥):</b>	Stenosis at the jejuno-jejunal anastomosis with small bowel obstruction.....	١١٩
<b>Figure (٢٦):</b>	Endoscopic view of an anastomotic stricture before and after balloon dilatation.....	١٢٠
<b>Figure (٢٧):</b>	Marginal ulcer.....	١٢١
<b>Figure (٢٨):</b>	Endoscopic view of a marginal ulcer at the gastrojejunal anastomosis of a gastric bypass .....	١٢٢
<b>Figure (٢٩):</b>	Leakage of contrast material across the gastric staple line into the excluded stomach (staple-line disruption).....	١٢٧

## INTRODUCTION

Obesity is a leading preventable cause of death with high prevalence in adults and children and one of the most serious worldwide problems (*Buchwald et al.*, 2007).

Obesity is now considered to be the second leading cause of preventable death behind cigarette smoking (*Schauer and Schirmer*, 2009).

BMI is the commonly used measure of obesity, represents weight in Kilograms divided by height in meters squared ( $\text{kg/m}^2$ ). It is easy to identify patients who are underweight ( $\text{BMI} < 18.5 \text{ kg/m}^2$ ) normal weight ( $\text{BMI} 18.5$  to  $24.9 \text{ kg/m}^2$ ), overweight ( $\text{BMI} 25$  to  $29.9 \text{ kg/m}^2$ ), obese ( $\text{BMI} \geq 30 \text{ kg/m}^2$ ), or extremely obese ( $\text{BMI} \geq 40 \text{ kg/m}^2$ ),  $\text{BMI} \geq 40 \text{ kg/m}^2$  are considered morbidly super-obese persons (*U.S. Preventive Services Task Force*, 2008).

WHO estimates that a billion people worldwide are overweight ( $\text{BMI}$  greater than 25), and 300 million people are obese ( $\text{BMI}$  greater than 30) (*Lenz and Diamond*, 2004).

Although medical management of morbid obesity patients made some progress, however, a persistent weight reduction can hardly be achieved in these patients. For

extreme cases of obesity, only surgical intervention can produce substantial weight loss (*Weber, 2003*).

Roux-en-Y gastric bypass is the current gold standard procedure for weight loss surgery. It is one of the most frequently performed weight loss procedures in the United States (*Escalona et al., 2006*).

Laparoscopic gastric bypass combines a restrictive and malabsorptive mechanism that has long-term efficacy in the reduction of excess weight. A laparoscopic technique for Roux-en-Y gastric bypass was first described by Wittgrove and Clark in 1994 (*Wittgrove and Clark, 2000*).

In the gastric bypass procedure a surgeon directly connects the upper portion of the stomach to a lower segment of the small intestine, bypassing some of the stomach, the duodenum and some of the jejunum by creating a path for food that goes around part of the stomach and the small bowel, the operation causes food to be poorly digested and absorbed (food malabsorption) (*Schauer et al., 2000*).

Laparoscopic Roux-en-Y gastric bypass (RYGBP) has the advantages of earlier mobilization with less pain in the postoperative period, shorter postoperative hospital stay and sick leave and a lower risk of incisional hernia than the open procedure (*Higa et al., 2000*).

Laparoscopic RYGB results in more weight loss than restrictive operations, including the LAP-BAND System. Patients who have this operation generally loses about two-thirds of their excess weight in 1 years and within 3 years they lose 68-72% of excess weight. At ten years, most patients continue to keep off at least 50% of the excess weight (*Demaria et al., 2009*).

Gastrointestinal complications after gastric bypass surgery are classified into major complications that are life-threatening or that require intervention and minor complications that resolve spontaneously. Major complications include small-bowel obstruction, large anastomotic leaks and strictures, and gastrogastic and gastroenteric fistulas. Minor complications include small leaks, marginal ulcers, pancreatitis, esophagitis, and cholelithiasis (*Michael et al., 2009*).

Morbidity (complications) in the early post-operative Period from wound infection, leaks from staple-line breakdowns, stomal stenosis (a narrowing of the small opening from the pouch to the intestine created by the operation), marginal ulcers, various pulmonary problems and deep thrombophlebitis (clots) may be as high as 20%. (*Oliak et al., 2009*).

Long-term complications include pouch stretching, and breakdown of staple lines. Because gastric bypass operations

cause food to skip the duodenum, risks for nutritional deficiencies are higher than for restrictive procedures. Anemia may result from malabsorption of vitamin B<sub>12</sub> and iron in menstruating women, and decreased absorption of calcium may bring on osteoporosis and bone disease. Long-term complications may also include deficiencies in vitamins A, D, E, B<sub>1</sub>, B<sub>6</sub>, and folic acid. Patients must take nutritional supplements daily to manage these side effects (*Angrisani et al.*, 2003).

## **AIM OF THE WORK**

**T**o discuss the complications of laparoscopic gastric bypass, which is the gold standard operation for treatment of morbid obesity; and the methods for management of such complications.

## PATHOPHYSIOLOGY OF OBESITY

Obesity is a very serious health problem. The excess morbidity or mortality attributable to obesity or obesity-related diseases exceeds that of tobacco and alcohol (*Farooqi et al., 2007*).

Obesity is simply defined as "excessive amount of body fat"; it is considered a great problem in both developed & developing nations (*National Center for Health Statistics, 2007*).

The Most widely accepted measure of obesity is the body mass index (BMI) which equals patient weight in Kilograms divided by the square of his or her height in meters. A normal BMI ranges from 18.5 – 24.9 Kg /m<sup>2</sup>, overweight equals BMI between 25- 29.9 Kg/ m<sup>2</sup>, obesity equals BMI 30 Kg/ m<sup>2</sup> or higher; this is further subdivided into:

- Class I with BMI between 30- 34.9 Kg / m<sup>2</sup> with high risk.
- Class II obesity with BMI between 35 – 39.9 Kg / m<sup>2</sup> with very high risk.
- Class III with BMI more than 40 Kg / m<sup>2</sup> with extremely high risk.

(*Herron, 2004*)