

Early Experience with Laparoscopic Roux-en-Y Gastric Bypass for Morbidly Obese patients

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Objective: To evaluate the early outcome for laparoscopic Roux-en-Y gastric bypass in a new bariatric surgical program in Singapore. **Methods:** A prospective pilot study of 9 patients who underwent laparoscopic Roux-en-Y gastric bypass for obesity by a single surgeon at Singapore General Hospital between September 2008 to October 2010. The study endpoint included operative time, complications and hospital length of stay. At one month post surgery, weight loss and HbA1c levels were recorded. **Results:** Five males and 4 females with median age of 39 years (range 30 to 60) were included in the study. Mean pre-operative weight was 125.5kg (range 74kg to 170.7kg) with a mean pre-operative BMI of 45.9 (range 35.4 to 70). All our patients had diabetes. In addition to diabetes, 8 out of 9 patients had at least one other significant medical co-morbidity related to obesity. The median operative time was 325 minutes (mean of 438 minutes for first 4 cases and 246 minutes for last 4 cases). There was no conversion. One patient required a re-operation for anastomotic leak. Median hospital stay was 4 days (range 1 to 13) and the average weight loss was 13.3% at one month. The median pre-operative HbA1c was 8.6% (range 6.5 to 12.3) and at one month, HbA1c levels reduced to 6.1% (range 5.2 to 8). **Conclusions:** Laparoscopic Roux-en-Y gastric bypass is a technically challenging procedure that can be safely integrated into a bariatric treatment program with early weight loss and improved diabetic control. With more experience, operative time and length of stay decreased.