



Na uw bariatrische operatie - De controles tot en met 5 jaar na uw operatie - Engels

After your bariatric surgery - Check-ups up to five years after your surgery

This leaflet explains the period after your bariatric surgery. It sets out how the check-ups will be carried out over the next five years.

Blood tests and appointments

It's very important that you undergo extensive blood tests over the next five years. You must have the blood test results checked at Spaarne Gasthuis with the internist at the Baria Nederland Outpatient Clinic in Hoofddorp so that your progress can be monitored.

Certain blood counts cannot be checked via your GP, which is why you must see the internist for check-ups. For example, you may not be able to absorb certain vitamins properly because of the operation. The internist will be able to help you address this.

Hospital check-ups are covered by health insurance. Your excess will be applied first, though. Therefore, you may be invoiced for this appointment.

Appointment with the internist

When it's time for your check-up, you'll receive a reminder via the MySpaarneGasthuis app. We'll ask you to call the Baria Nederland Outpatient Clinic to book an appointment.

Baria Nederland can be contacted Monday to Friday from 8 am to 12 noon and from 1 pm to 4 pm on +31 (0)23 224 0230.

You'll then be sent a date for your appointment and a lab collection form via MySpaarneGasthuis.

Make a note for yourself that it's time for a check-up

Also, mark your calendar each year to schedule an appointment for blood tests. That way you won't forget.

You can also write down the appointment in this leaflet and keep it in a safe place. At the very bottom of this leaflet, you can write down when it's nearing the time to make another appointment.

Where to have blood samples taken

The internist will want you to have blood samples taken to assess how you're doing. One of the things we test your blood for is parathormone (parathyroid hormone). Measuring the amount of this hormone in your blood requires special treatment in the laboratory. Not every laboratory can do this.

Having blood samples taken at Spaarne Gasthuis

We can check your blood for parathormone at Spaarne Gasthuis. You can have blood samples taken at all three hospital locations.

The lab collection form for your appointment is available on MySpaarneGasthuis, under 'Messages'. You may have been sent the lab collection form.

Your results will be digitally transmitted to Spaarne Gasthuis. You can view these results on MijnSpaarneGasthuis.

Spaarne Gasthuis Haarlem Zuid

Boerhaavelaan 22
2035 RC, Haarlem
Monday to Friday
7.30 am to 4.30 pm

Spaarne Gasthuis Hoofddorp

Spaarnepoort 1
2134 TM Hoofddorp
Monday to Friday
7.30 am to 4.30 pm

Spaarne Gasthuis Haarlem Noord

Vondelweg 999
2026 BW Haarlem
Monday to Friday
7.30 am to 4.30 pm

Having blood samples taken at another laboratory

If you would prefer not to have a blood sample taken at Spaarne Gasthuis, for example, because Spaarne Gasthuis is a long journey for you, your lab collection form will indicate which other labs you can go to in order to have one taken.

- You will find your lab collection form on MySpaarneGasthuis, under 'Messages'. You may have been sent the lab collection form.
- Open the lab collection form.
- See the Parathormone section for information about the lab technician who will take a blood sample from you. This form also contains information for you. It indicates either that it's a 'clinical collection' or an 'outpatient clinic collection'. You'll see the locations where you can have blood samples taken, i.e. locations other than Spaarne Gasthuis. You can have your blood samples taken at the locations you see listed.

Your results will be digitally transmitted to Spaarne Gasthuis. You can view these results on MijnSpaarneGasthuis.

If you are unable to access your lab collection form in MySpaarneGasthuis, or have not received a lab collection form, please contact Baria Nederland Outpatient Clinic Monday to Friday from 8 am to 12 noon and 1 pm to 4 pm on +31 (0) 23 224 0230.

Making an appointment to have a blood sample taken

You'll need to make an appointment to have a blood sample taken. To do so, please visit: atalmedial.prikafspraak.nl or call +31 (0)88 0037 705, Monday to Friday from 8 am to 5 pm.

Reason for the appointment

When making the appointment, you will have to select a reason for the blood sampling. If your blood sample is going to be taken at Spaarne Gasthuis, indicate 'Baria Nederland' as the reason for the appointment.

If you are making an appointment for another location, indicate 'Blood collection and/or material submission' as the reason.

Please note: Be sure to have a blood sample taken at least two weeks before your appointment with the internist. You do not need to fast before having a blood sample taken.

Please note: Make sure you have the lab collection form to hand on your phone right before your appointment at AtalMedial. You can also submit the printed form at AtalMedial during your appointment.

Do you need additional information or have questions?

For more information, please consult the website spaarnegasthuis.nl

On this site you will find, among other things, [leaflets](#) about the use of multivitamins and lifestyle guidelines to follow after bariatric surgery.

If anything is unclear after reading this information, submit your questions via the MijnSpaarneGasthuis app or by calling +31 (0)23 224 0230.

Write down your questions for the doctor and bring them with you to your appointment. That way you won't forget them.

Writing down appointments

You can write down your appointment dates below/on the next page and use this as a reminder. This way, you won't forget to have your blood checked every year.

Appointments	
Two weeks after surgery (surgeon/dietitian group) Date:	One year after surgery (internist) + lab Date:.....
Three months after surgery (dietitian) Date:	Two years after surgery (internist) + lab Date:.....
Six months after surgery (internist) + lab Date:	Three years after surgery (internist) + lab Date:.....
Nine months after surgery (dietitian group) Date:.....	Four years after surgery (internist) + lab Date:.....

Waar zijn we te vinden?

Haarlem Zuid
 Boerhaavelaan 22
 2035 RC Haarlem

(023) 224 0000

Haarlem Noord
 Vondelweg 999
 2026 BW Haarlem

www.spaarnegasthuis.nl

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 2134 TM Hoofddorp

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