

## Post-Operative Vitamin & Mineral Supplementation Sleeve & Bypass

### BEFORE SURGERY / PRE-OP

If you prefer to take a **capsule** (swallowable) multivitamin following surgery- Take an over the counter chewable multivitamin leading up to surgery and for the first 2 weeks after the procedure. You will then switch to the bariatric specific capsule multivitamin. If you prefer **chewables**, then you will take the over the counter until surgery, and then switch to the bariatric specific chewable multivitamin immediately following surgery.

→  Chewable, over the counter multivitamin (MVI)

### AFTER SURGERY / POST-OP

You need to make sure that you are taking something from each row below...

→  Bariatric MVI Capsule       Bariatric MVI Chewable

→  Calcium Citrate (500 mg twice a day → 1,000 mg total)

→  5,000 IUs Vitamin D3

→  350 mcg/day sublingual     500 mcg/week intranasal     1,000 mcg/month by injection (intramuscular)

→  18 mg elemental Iron (without menstruation)     30 mg elemental Iron (with menstruation)

→  Probiotic (optional)

The supplement recommendations are based on national standards. Please continue to take this regimen unless instructed differently by your surgeon or dietitian. It is important for you to follow up with TLC and have your labs drawn on a regular basis in order to detect any deficiencies or toxicities. Your supplementation regimen will then be adjusted to your individual needs.

## Post-Operative Vitamin & Mineral Supplementation Schedule

Procedure	Breakfast	Lunch	Dinner	Bedtime
<b>Gastric Bypass &amp; Sleeve Gastrectomy</b>	Bariatric MVI		Bariatric MVI	
	500 mg calcium citrate		500 mg calcium citrate	iron tablet
	Probiotic*		Vitamin D3 (2,000-5,000 IUs)	
	Sublingual B-12*			

\* **Bariatric Multivitamin (MVI)** – Take your multivitamin twice a day. Read the label to determine the number of vitamins to take each day. For example, the Celebrate capsule requires 3 per day. Divide this does by taking 2 at breakfast and 1 at dinner.

*If you choose to take the capsule MVI, continue taking a chewable, over the counter MVI until 2 weeks post op, then switch to the bariatric capsule. If you prefer a chewable MVI, start taking your bariatric specific chewable MVI when you are home from the hospital.*

\* **Calcium** – Only 500 mg of calcium should be taken at a time in order to promote maximum absorption. You should also separate calcium from your iron supplement by at least 2 hours.

\* **Iron** – Recommended at bedtime because iron is absorbed best on an empty stomach. Calcium found in food and supplements, tea, high fiber foods, and other food sources can inhibit iron absorption.

\* **B12** – 350 mcg/day sublingual; OR 500 mcg/week intranasal; OR 1,000 mcg/month by injection (intramuscular)

\* **Probiotic** – Recommended to promote the growth of healthy gut bacteria and decrease issues such as gas, bloating, diarrhea, and constipation. One study in particular has shown that supplementing with a high quality probiotic following a gastric bypass was correlated with an increase in weight loss.

