# Vitamin and Mineral Regimen after Bariatric Surgery

**Your diet after surgery will <u>not</u> provide adequate nutrition**. The following vitamin and mineral regimen is necessary to prevent nutritional deficiencies and optimize surgical outcomes.  You will follow this supplement regiment for the rest of your life unless indicated by your surgeon.

## Multivitamin and mineral
- Complete Multivitamin/Multimineral in capsule, chewable, or liquid form. (examples include Bariatric vitamins such as Bariatric Advantage, Opurity, Celebrate or similar product).
- **Do not use gummies or gumballs. They are missing key vitamins and minerals for after surgery**.
- The amount taken after surgery of this supplement will depend on the brand and the type of surgery performed. Check with your dietitian for these recommendations.

## Calcium
- 1200-1500 mg per day from chewable calcium citrate source such as Bariatric Advantage® chewable lozenges or Celebrate® chewable calcium citrate (break up into 500 mg doses).  Take doses four hours apart. (1200 mg for men and menstruating women, 1500 mg for post-menopausal women)
- Separate Calcium from any Iron containing supplements by 2 hours.

## Vitamin D
- Vitamin D3 (3000 IUs/day). Pill form is acceptable if it is small in size.
- Take prior to surgery and after surgery for Roux-En-Y Gastric Bypass or as instructed by your dietitian.

## Iron
- Usual recommended dose is 18-36mg of elemental iron per day depending on your gender and type of surgery.
- Separate Calcium from any Iron containing supplements by 2 hours.
- Discuss with your doctor or dietitian an appropriate dosage.
- For those at high risk for iron deficiency (menstruating women and those with a history of anemia) an additional 18-27 mg/d of elemental iron may be recommended.

**Summary:**

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| Multiple vitamin and mineral | chewable tablets – 1-2 per day (depending on brand) |
| Calcium | 1200-1500mg/ day (dosage as indicated by dietitian) |
| Vitamin D3 | 3000 IU or dosage as indicated by your dietitian/surgeon |
| Iron | Dosage as indicated by your dietitian/surgeon |