Missouri Bariatric Services Vitamin/Mineral Recommendations: Duodenal Switch, Roux-en-y Gastric Bypass, Vertical Sleeve Gastrectomy

Starting when you are discharged from the hospital:

Take a bariatric-specific multivitamin, 45 to 60 mg iron and 350 to 500 mcg vitamin B₁₂ daily.
* Some multivitamins will contain adequate amounts of iron and vitamin B₁₂

Bariatric Multivitamin Options:
- ProCare Health® Bariatric Chewable for Gastric Bypass/Sleeve
  Order: www.procarenow.com or 877-822-5808 (toll free) or sold at any Mizzou Pharmacy
- Bariatric Advantage (www.bariatricadvantage.com)
- Building Blocks (www.bbvitamins.com)
- Celebrate (www.celebratevitamins.com)

After 30 days, add Calcium Citrate with Vitamin D

Take a total of 1,200 to 1,500 mg of calcium citrate and approximately 3000 IU vitamin D daily. Do not take calcium citrate doses larger than 600 mg at one time. Total vitamin D intake equal to amount in multivitamin plus calcium citrate supplement. Take your calcium supplements two hours apart from iron-containing supplements. Iron and calcium interfere with the absorption of one another.

Calcium citrate with vitamin D recommendations are (choose one product):
- Citracal® Maximum (2 tablets, 2 times daily, available over-the-counter, generics acceptable)
- Citracal® Regular (2 tablets, 3 times daily, available over-the-counter)
- Citracal® Petites (3 tablets, 2 times daily, available over-the-counter)
- Celebrate® Calcium Plus 500 (1 chewable, 3 times daily, www.celebratevitamins.com)
- Calcet® Creamy Bites (1 chewable, 3 times daily, www.celebratevitamins.com)
- Bariatric Advantage® Calcium Citrate Lozenge (1 chewable, 3 times daily, www.bariatricadvantage.com)
- Bariatric Advantage® Chewy Bites (2 chewables, 3 times daily, www.bariatricadvantage.com)
- Building Blocks® Black Raspberry Calcium Chewable (1 chewable, 2 times daily, www.bbvitamins.com)

I understand vitamins and minerals are required for life after weight loss surgery, chewable vitamins are recommended for the first 30 days, my insurance will not cover the cost of the supplements and that some patients may require additional supplementation after surgery. The above recommendations have been explained to me by my healthcare team and I will follow these recommendations to the best of my ability and will let my healthcare team know if I do not tolerate my supplements.

_________________________________________  __________________________
Patient Signature                                      Date

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