

Taking Vitamins and Minerals After Bariatric Surgery

Guidelines to follow

Your Bariatric team has asked you to take certain vitamins and minerals after your surgery to ensure that your body gets enough of those nutrients. This handout gives general guidelines. Your dietitian may create an individual plan for you based on your medical needs.

Please bring all of your vitamins and minerals to every clinic appointment.

Every Day

- 1 multivitamin/mineral with iron
- Calcium: 1,500 mg a day
- Vitamin D: 2,000 IU a day

Beginning at 6 weeks after surgery, you will need to take 1,000 mcg vitamin B12, either orally or *sublingually* (under the tongue) every day. Or, you may choose to have a B12 injection once a month.

Finding a Good Multivitamin/Mineral with Iron

A multivitamin/mineral supplement will supplement your diet to make sure you are getting all the nutrients you need. Iron is needed for healthy red blood cells. Make sure your supplement has at least 18 mg of iron. If you choose a children's multivitamin/mineral with iron, you will need to double the dose.

Here are some brands of multivitamin/minerals with iron:

Pills or Tablets

- Centrum
- Nature Made Multi Complete
- One-a-Day Women's
- Rainbow Light Prenatal (OK to take if you are a man, or you are a woman who is not pregnant)



You will need to take certain vitamin and mineral supplements after your surgery.

Chewables

- Flintstones Chewables with Iron
- Centrum Chewables
- Trace Minerals Complete Children's Chewables

Liquids

- Theragram
- One-a-Day Women's Drink

Calcium and Vitamin D

Calcium and vitamin D are needed for healthy strong bones. For ease of use, we recommend buying a supplement that contains both. Divide your calcium intake into 2 or 3 doses during the day.

There are many forms of calcium and vitamin D. The body absorbs some forms more easily than others. For best absorption, we recommend you take **calcium citrate** with **vitamin D3** (*cholcalciferol*).

Here are some brands of calcium with vitamin D you may want to try:

Pills or Tablets

- Schiff Super Calcium
- Citracal with D
- Oscal Ultra

Chewables

- Viactiv Chews
- Caltrate 600+D Plus Minerals Chewables

Liquids

- Liquid Health Calcium
- Bluebonnet Liquid Calcium Magnesium Citrate
- *Vitamin D alone*: Rx Vitamins Vitamin D 2,000 IU

Vitamin B12

Vitamin B12 is important for healthy red blood cells and a healthy nervous system. Here are some options for getting the right amount of vitamin B12 after gastric bypass surgery:

Oral or Sublingual (under the tongue)

- TwinLabs B12 dots: 1,000 mcg daily
- Pure Encapsulations B12, liquid drops: 1,000 mcg daily

Injectable

- Intramuscular shot, 1,000 mcg, once a month from your primary care provider

Where to Buy Your Supplements

Drugstores such as Walgreens and RiteAid, and local chains or megastores such as Costco or Walmart, carry a wide range of supplements. For more options, and for liquid formulations, try a specialty store such as Super Supplements or Vitamin Shoppe.

To Learn More

There are so many options when it comes to taking vitamins and minerals, it can be confusing. Your vitamin and mineral needs are specific to you. Ask your medical team for help, or bring in your supplements if you have any questions.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

Dietitian:
