

## Bariatric Vitamins & Minerals

**Start taking B-complex vitamin upon return home from hospital.**

### B-Complex

- If not purchased through the Envision Nutricenter, please ensure your B-complex contains at least **12 mg of thiamin** (vitamin B1).
- B-complex vitamins must be chewable, liquid, or a pill/capsule that is smaller than a Skittle.
- The B-complex vitamin is optional after starting the bariatric multivitamin.



**All pill and capsule forms of supplements and medications must be smaller than a Skittle for the first 30 days post-op. If larger in size, discuss with your bariatric provider.**

Please speak with your bariatric provider about returning to other pre-operative medications following surgery.

**The American Society of Metabolic and Bariatric Surgery (ASMBS) recommends that all bariatric surgery patients take a bariatric formulated multivitamin daily following surgery. THIS IS A LIFELONG REQUIREMENT!**

### Multivitamin

**Begin 2-4 weeks after surgery, when instructed by surgeon or registered dietitian.**

- We recommend a bariatric formulated multivitamin that contains iron.

### Elemental Iron

- Most bariatric multivitamins contain iron. Additional iron is recommended for menstruating women and patients who have a history of iron deficiency anemia. Consult your registered dietitian or bariatric provider for more information.
- Iron should be taken without food for increased absorption.

### Calcium

**Begin 2-4 weeks after surgery, when instructed by surgeon or registered dietitian.**

- Take calcium supplement doses at least 2 hours before or 2 hours after iron supplements and multivitamins containing iron. Calcium supplements should be spaced throughout the day for increased absorption.
- Calcium citrate and calcium carbonate are the preferred sources of calcium after surgery. If you have a history of kidney stones, calcium citrate is the preferred source of calcium.

### Daily calcium needs:

- 1200-1500 mg (lap band, sleeve, gastric bypass)
- 1800-2400 mg (duodenal switch)

**If you have questions or concerns regarding vitamin and mineral supplementation, please speak with your registered dietitian or your bariatric surgeon.**