

Vitamins and Minerals

It is very important to take your vitamins after surgery for life to prevent vitamin and mineral deficiencies. You can no longer meet all of your nutritional needs from food alone because your portions of food are very small and you now digest your food differently.

Your family doctor should be ordering bloodwork every 3-6 months during the first year after surgery and annually in the years after to screen for deficiencies. He or she will adjust your vitamin and mineral doses accordingly.

Start taking your vitamins and minerals when you start the puree menu. Choose liquid or chewable options until you feel comfortable swallowing them in pill format. **Centrum chewable is an okay multivitamin in the beginning however long term you should switch to a more complete multivitamin (see table below).**

Vitamin or Mineral	Sleeve gastrectomy	Gastric Bypass	Examples of Brands
Multivitamin ***Avoid gummy multivitamins. They are missing many nutrients.	1 pill per day <ul style="list-style-type: none"> - Avoid taking within 2 hours of iron and calcium - Choose a multivitamin with the following: <ul style="list-style-type: none"> o Minimum 1.2 mg of thiamin (vitamin B1) o Minimum 400 mcg of folate (do not exceed 1000 mcg of folate/d unless pregnant as high doses can hide a vitamin B12 deficiency) o Minimum 7.5 mg of zinc o Minimum 1 mg of copper 	1-2 pills per day <ul style="list-style-type: none"> - Avoid taking within 2 hours of iron and calcium - Ideally do not take the pills at the same time. - Choose a multivitamin with the following: <ul style="list-style-type: none"> o Minimum 1.2 mg of thiamin (vitamin B1) o Minimum 400 mcg of folate (do not exceed 1000 mcg of folate/d unless pregnant as high doses can hide a vitamin B12 deficiency) o Minimum 7.5 mg of zinc o Minimum 1 mg of copper 	Chewable: <ul style="list-style-type: none"> - Bariatric Advantage's Chewable Complete Multi without Iron - www.bariatricadvantage.ca Pill: <ul style="list-style-type: none"> - One A Day Women (purple box) (15 mg iron) - One A Day Weight Smart (14 mg iron) - Kirkland Formula Forte Women (7.5 mg iron) - Costco - Centrum Select Essentials Adult 50+ (pill) (4 mg iron) <p>Note: Women's multivitamins are more appropriate because they have more iron. If you are not taking an iron pill, choose a multivitamin with 14-18 mg of iron.</p>

<p>Calcium</p>	<p>Total daily needs = 1200-1500 mg per day</p> <ul style="list-style-type: none"> - Look for: calcium <u>citrate</u> NOT carbonate (You need a lot of stomach acid to absorb calcium carbonate. With your new small stomach, you have significantly less stomach acid.) - Avoid taking within 2 hours of iron and multivitamin - Ideally doses should be divided into 500 mg doses 	<p>Total daily needs = 1200-1500 mg per day</p> <ul style="list-style-type: none"> - Look for: calcium <u>citrate</u> NOT carbonate (You need a lot of stomach acid to absorb calcium carbonate. With your new small stomach, you have significantly less stomach acid.) - Avoid taking within 2 hours of iron and multivitamin - Ideally doses should be divided into 500 mg doses 	<p>Preferably take calcium and vitamin D together.</p> <ul style="list-style-type: none"> - 1 CiCal D 2 or 3 times per day (500 mg calcium citrate + 400 IU vitamin D per chewable pill) - 1 Celebrate Calcium Soft Chew 2 or 3 times per day (500 mg calcium citrate + 500 IU vitamin D per pill) – www.celebratevitamins.ca - 1 Bariatric Advantage Calcium Citrate Chewy Bite 2 or 3 times per day (500 mg calcium citrate + 500 IU vitamin D per pill) – www.bariatricadvantage.ca or sold at Physimed’s pharmacy - 15 mL Mcal liquid twice a day (500 mg calcium citrate + 1000 IU vitamin D per 15 mL of liquid) - 2 Citracal Petites capsules 2 or 3 times per day (400 mg calcium citrate + 500 IU vitamin D per 2 pills) <p>Or, buy your calcium citrate pills and vitamin D pills separately.</p>
<p>Vitamin D</p>	<p>Total daily needs = 1500-4000 IU per day</p> <ul style="list-style-type: none"> - Look for: D3 (cholecalciferol) - Account for the vitamin D in your multivitamin 	<p>Total daily needs = 1500-4000 IU per day</p> <ul style="list-style-type: none"> - Look for: D3 (cholecalciferol) - Account for the vitamin D in your multivitamin 	<p>Total daily needs = 1500-4000 IU per day</p> <ul style="list-style-type: none"> - Look for: D3 (cholecalciferol) - Account for the vitamin D in your multivitamin
<p>Vitamin B12</p>	<p>Total daily needs = 500-1000 mcg per day</p> <ul style="list-style-type: none"> - Account for the vitamin B12 in your multivitamin 	<p>Total daily needs = 500-1000 mcg per day</p> <ul style="list-style-type: none"> - Account for the vitamin B12 in your multivitamin 	<ul style="list-style-type: none"> - Twinlab B12 dots (sublingual means that the tablets dissolve under your tongue) - Webber Naturals (pill) - Jamieson (pill) - Mouth and nasal sprays are also acceptable

<p>Iron</p>	<p>Take ONLY if you are menstruating or if you have a history of low iron.</p> <p>Total daily needs = 45-60 mg of elemental iron per day if menstruating</p> <ul style="list-style-type: none"> - Look for: ferrous sulphate (preferred), ferrous fumarate (palafer) or ferrous gluconate - Account for the iron in your multivitamin - Avoid taking within 2 hours of calcium and multivitamin - Take on an empty stomach if no discomfort 	<p>Take ONLY if you are menstruating or if you have a history of low iron</p> <p>Total daily needs = 45-60 mg of elemental iron per day if menstruating</p> <ul style="list-style-type: none"> - Look for: ferrous sulphate (preferred), ferrous fumarate (palafer) or ferrous gluconate - Account for the iron in your multivitamin - Avoid taking within 2 hours of calcium and multivitamin - Take on an empty stomach if no discomfort <p>Note: Feramax is not recommended after the gastric bypass because it is absorbed in the duodenum (the part of your intestines that is now 'bypassed').</p>	<p>NOTE: If you are very constipated, take your iron every other day until your constipation resolves, or opt for an iron supplement that has a lower dose.</p> <p>Ex. Both Bariatric Advantage and Celebrate have chewable iron in 30 mg doses.</p> <ul style="list-style-type: none"> - www.bariatricadvantage.ca - www.celebratevitamins.ca
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Examples of how to take your vitamins:

Option 1:

Breakfast – multivitamin
 Snack – vitamin B12 and calcium + vitamin D
 Lunch
 Snack – vitamin B12 and calcium + vitamin D
 Supper
 Iron before bed

Option 2:

Breakfast – multivitamin
 Snack – vitamin B12
 Lunch – calcium + vitamin D
 Snack – vitamin B12
 Supper – calcium + vitamin D
 Iron before bed

REMEMBER: Your vitamins doses are based on your blood test results. Your family doctor should be ordering bloodwork every 3-6 months during the first year after surgery and annually thereafter (for life) to screen for deficiencies. He or she will adjust your vitamin and mineral doses accordingly.

Recommended blood tests = Albumin, Calcium, Electrolytes, BUN, Creatinine, Random Blood Glucose, Liver Profile (Total Bilirubin, ALP, ALT), B12, Folic Acid, CBC and differential Counts, Serum Ferritin, Vitamin D (25-OH), PTH

If you have questions, speak with your dietitian, nurse, pharmacist, or family doctor.