



## POST - OP VITAMINS AND MINERALS

### VITAMINS AND MINERALS

- ▶ Vitamins help to maintain your body's cells, tissues, and organs
- ▶ Consuming nutrient dense foods are a great way to obtain all of the vitamins and minerals that your body needs. However, many times our diets lack the essential foods needed, resulting in vitamin deficiencies.
- ▶ After bariatric surgery, your food intake is far less than before, this is why it is very important to take all of the necessary vitamins in order to prevent deficiencies and maintain a healthy diet

### WHAT VITAMINS ARE REQUIRED AFTER BARIATRIC SURGERY

*Bariatric specific vitamins are desired because they are more acidic vitamins and will break down easier in your new stomach*

- ▶ **Vitamin B1 (Thiamine)**
  - 100 mg per day for **2 week after surgery** (after 2 week you can stop - B1 will be included in your MVI)

#### At your 2 Week appointment we will introduce:

- ▶ **Multi-Vitamin (MVI)**
  - MVI that contains 200% of the daily value of most nutrient
- ▶ **Vitamin B12 (Will be in your MVI)**
  - 500mcg/day OR 2,500mcg weekly
- ▶ **Calcium Citrate**
  - Calcium Citrate w/Vitamin D: 1200-1800 mg per day
- ▶ **Vitamin D**
  - 2,000-5,000IU daily (1,000-2,000 IU will come from your MVI)
- ▶ **Iron (Will be in your MVI)**
  - Bypass and DS: 45 mg per day + MVI
  - Sleeve: 100% DV of your MVI

*\*\*Additional Iron may be prescribed depending on your lab values*

*\*\* We will check blood work at 3 months, 6 months, and 12 months after your surgery to check vitamin levels and determine if any supplement changes are needed.*

Optional/Possible Needs: Fish Oil and/or Biotin

## VITAMIN SCHEDULING AND INTERACTION

- ▶ Must space vitamins throughout the day to maximize absorption
- ▶ Your body will only absorb 500-600 mg calcium at a time
- ▶ Space out at least 2 hours to maximize absorption
- ▶ Iron and calcium can compete for the same absorption site in your small intestine must take these supplements separately
- ▶ Tea and coffee decrease iron absorption. Avoid taking your iron with these beverages

## SAMPLE VITAMIN SCHEDULE

<b>Before Breakfast (8am)</b>	<ul style="list-style-type: none"><li>▶ Multivitamin</li><li>▶ B12</li><li>▶ Fish Oil</li><li>▶ Thiamine</li></ul>
<b>Mid-Morning (10 am)</b>	<ul style="list-style-type: none"><li>▶ 500 mg Calcium citrate w/ Vit D</li></ul>
<b>Lunch (12 pm)</b>	
<b>Mid Afternoon (2pm)</b>	<ul style="list-style-type: none"><li>▶ 500 mg Calcium citrate w/ Vit D</li></ul>
<b>Dinner (6pm)</b>	<ul style="list-style-type: none"><li>▶ 30 mg Iron</li></ul>
<b>Evening (8 pm)</b>	<ul style="list-style-type: none"><li>▶ 500 mg Calcium citrate w/ Vit D</li></ul>

## WHAT IS A VITAMIN DEFICIENCY

Vitamin deficiencies can be related to a multitude of factors, including:

- ▶ Dietary intake
- ▶ Previous nutrient intake/deficiencies
- ▶ Adherence to recommended post-operative
- ▶ supplementation
- ▶ Degree of malabsorption associated with bariatric surgery procedure

## **REMEMBER: Preventing vitamin deficiencies are easier than treating them**

Helpful tips to help you stay on track with your vitamin regimen

- ▶ Set a timer on your phone
- ▶ Carry a small container with daytime vitamins if you are not going to be home
- ▶ Keep your vitamins on a nightstand or by your toothbrush