Why are Vitamin and Mineral Supplements so Important Before and after Bariatric Surgery?
Reminder for those in Pre-Surgery or Supervised Weight Loss Program

1. Liver reduction diet – most should be following this meal plan.
2. 64 oz fluids/day
   a. No fruit juice or fruit beverages, sweet tea, carbonated beverages, and alcoholic beverages.
3. Vitamins
   a. Multivitamin 1 per day
   b. 1200 mg calcium citrate every day (2 tablets – 2 times a day)
      – Do not take calcium and multivitamin at same time.
   c. 2000 IU Vitamin D3 – take one time per day at anytime.
4. Journal
5. Expectation that you can’t gain weight or reach your goal weight before surgery. If you were told not to start LRD until a later time, but you have gained weight, start the diet now, not later.
   a. Weight loss goal has to be maintained all the way until surgery and if you had no weight loss goal, you can’t be above consult weight even on the day of surgery.
6. If you have diabetes, be sure to get your A1C and lipid levels checked
Why Are Vitamins So Important After Surgery?

• After your bariatric surgery you:
  1. Will be eating less and
  2. Will not absorb nutrients (malabsorption) with Roux-En-Y only.
Vitamin and Mineral Replacements not Supplements

• Before Surgery
  – Vitamins and minerals are “supplementing “ or adding to what you are able obtain from diet.
  – Taking the multivitamin, calcium citrate and vitamin D3 allows you to practice the vitamin therapy before surgery

• After surgery
  – Vitamins and minerals are "replacements." They give you what you cannot get from diet due to decreased food volume and malabsorption.
  – Vitamins are forever after surgery.

It’s important to take the vitamins we recommend.
The recommendations are based on scientific research and recommendations from American Society of Bariatric and Metabolic Surgery (ASMBS)
Multivitamin

• Why: You need this vitamin due to the decreased food intake and malabsorption effect after surgery

• Encouraged to take at bedtime because of timing of other vitamins

• Options after surgery: Centrum, generic or store brands, Celebrate Vitamins – no gummies or “senior” or men’s versions.

Vitamins are mandatory both before and after surgery, not optional
Iron

- Iron is an essential mineral that relies on contact with stomach acid for absorption. For this reason, some patients develop iron deficiency.

- Iron helps carry oxygen to every cell in the body, therefore, a deficiency will leave you feeling tired.

- Options: Ferrous Gluconate or Ferrous Fumarate

Vitamins are mandatory both before and after surgery, not optional.
B-Complex

• B-complex is a group of 8 vitamins that are essential in helping the body create energy from foods that are eaten and for the proper functioning of your nervous system.

• Post-op diet emphasizes certain food groups that are not high in B-vitamins, particularly thiamine.

• You will take a B-complex vitamin for the first 6 months. This will stop if thiamine and folate are normal after first lab check.
Calcium

- Most abundant mineral in the human body
- All forms of weight loss surgery have been shown to produce increased bone turnover and loss of bone mass.
  - One study found 66% of women had evidence of bone loss 3-5 years after RNY surgery
Calcium

• The type of calcium you must take is called Calcium Citrate.

• After surgery 1500 mg calcium citrate/day
  – Can’t take more than 500-600 mg at one time or split into 3 doses.
  – Take 500-600 mg 30 minutes after meals

• Options: Most Citracal, Bariatric Advantage, Celebrate Vitamins, Calcet Creamy Bites, store brands of calcium citrate

Vitamins are mandatory both before and after surgery, not optional
Vitamin B12

• Bypass and gastric sleeve patients are unable to absorb B12 through their digestive tract after surgery.

• B12 deficiency can cause severe and irreversible damage, especially to the brain and nervous system.

• Sublingual B12 1000 mcg - one time per week.
  – Sublingual means, “Hold under the tongue.”

Vitamins are mandatory both before and after surgery, not optional.
Malnutrition can result if you do not take Vitamins as prescribed…..

- Scurvy – Vitamin C deficiency
- Pellagra – Niacin or Vitamin B3
- Beriberi – Thiamine or Vitamin B1
- Birth Defects – Folate
- Osteoporosis – Calcium
- Rickets - Vitamin D
- Xerophthalmia and Night Blindness – Vitamin A
- Blood Clotting problems – Vitamin K
- Anemia - Iron
- Nerve Damage – Vitamin B12
After Surgery Vitamin Summary

Bypass and Sleeve

1. Two Multivitamin per day
2. 1500 mg calcium citrate – split into 3 doses
3. One B-complex per day for 6 months
4. Sublingual Vitamin B12 1000 mcg – 1 time per week hold under tongue for 10-15 minutes.
5. Iron pill per day if needed.

Cost about $16.00 – 25.00 per month.

Gastric Band

- One MVI per day
- 1000 mg calcium per day in two doses
- About $10.00 - $15.00 per month

Cost will vary depending where you purchase and the brand purchased.
Post Test

• You will take vitamin and mineral supplements for the rest of your life after surgery? True or False

• After surgery you will take 1500 mg Calcium Citrate split into 2 doses? True or false

• The type of vitamin B12 that you will need to take is called “Sublingual Vitamin B12? True or False