

Gastric Bypass Supplement Guidelines

Keep medications and supplements apart by at least one hour so they do not interfere with the absorption with each other!!!

You can swallow whole pills when you can tolerate soft solid food OR when your surgeon says that it is OK. However, if your pill or capsule is smaller than the tip of your pinkie finger, you can swallow it now.

1) Multi-Vitamin with Minerals

- 1 Adult (i.e. Centrum®) pill, capsule, chewable or liquid
- Do not take the gummy vitamins, Centrum® Flavor Burst® or Centrum® VitaMints®.
- Best taken after a meal.

2) Calcium Citrate with Vitamin D (See separate handout with brands)

- Should be taken with food in divided doses: _____ mg _____ times per day.
- Do NOT take more than 600mg of calcium at one time.
- Do NOT take calcium within 2 hours of iron.
- Recommended amounts of calcium citrate:
 - Women/Men 18 yrs and younger 1950 mg/day
 - Women/Men 19-50 yrs 1500 mg/day
 - Women/Men 51 yrs and older 1800 mg/day

3) Iron

- **Prescription:** Ferrex 150 Forte, or iFerex 150 Forte OR
- **Online/Over-the-Counter:** Ferrex 150 (www.Amazon.com), 60mg chewable (www.CelebrateVitamins.com, www.BariatricAdvantage.com or www.BariatricFusion.com), or Vitron-C (OTC)
- Take ___ pill(s) ___ time(s) per day.
- Needs to be taken on an empty stomach:
 - One hour before or two hours after a meal, OR
 - Keep at bedside and take 1 capsule in the a.m. OR 1 capsule in p.m.
- DO NOT take the iron within 2 hours of calcium, milk, coffee, tea or antacids.

4) Vitamin B₁₂

- One 500 mcg sublingual tablet/dots/lozenges *once a day* - OR - one 1000 mcg sublingual tablet/chew/liquid dropper *every other day* - OR - you can go your doctor's office *once a month* to get an *injection* of Vitamin B₁₂ (1.0 ml IM *once a month*). Start taking Vitamin B₁₂ now.
- The sublingual, chewable and liquid forms of Vitamin B₁₂ will be found in a GNC, Vitamin Shoppe and health food store or online, not in a pharmacy or supermarket.
- Best taken with your multi-vitamin with minerals.

(OVER)

5) Vitamin D₃

- Take 50,000 IU dry Vitamin D₃ (D3-50) *once per week*.
- Purchase Bio-Tech Pharmacal's D3-50, 100 count product. Go to www.Amazon.com and enter "D3-50" to order. You can also call 1-800-345-1199 or go online at <http://www.biotechpharmacal.com>. Click on Vitamin D on the left side of their homepage.
- *Take after a meal that has some fat.*
- *D3-50 is the only Vitamin D product that gastric bypass patients should take.*

*****You need to take supplements for the rest of your life. Blood work will determine if you need to take any additional vitamins, minerals or supplements.**

Other supplements: _____
