

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 one month after surgery OR when your surgeon says that it is OK, whichever comes first!!! 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 OR adult chewable or liquid
- Do not take the gummy vitamins.
- 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 calcium within 2 hours of iron.
- Do NOT take more than 600mg of calcium at one time.
- 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: Corvite[®] FE, Ferrex 150, 325mg Ferrous Sulfate, 60mg chewable (___ 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 supplement, milk, coffee, tea or antacids.

4) Vitamin B₁₂

- One 500 mcg *sublingual tablet/dots/lozenges once a day* - OR - you can go your doctor's office *once a month* and get an *injection of Vitamin B₁₂ (1.0 ml IM once a month)*. Start taking Vitamin B₁₂ now.

5) Vitamin D₃

- Take 50,000 IU dry Vitamin D₃ once per week.
- Purchase Bio-Tech Pharmacal's *D-3-50, 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 www.secure.bio-tech-pharm.com. Click on Vitamin D on the left side of their homepage and go to the second page of their Vitamin D products.

(OVER)

*****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: _____
