

Supplement Guidelines for Duodenal Switch and Distal Gastric Bypass Surgeries

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 foods 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

- *Best taken after a meal.*
- **Celebrate Multi-ADEK chewable tablets or capsules.** Take one chewable tablet three times per day or two capsules two times per day. To purchase, go to www.CelebrateVitamins.com.

OR

Bariatric Advantage High ADEK Multivitamin (with minerals). Take one chewable tablet three times per day. To purchase, go to www.BariatricAdvantage.com.

OR

AquaADEKs Softgels. Take one softgel twice per day. These can be ordered by going to www.Amazon.com.

2. Calcium Citrate with Vitamin D

- Should be taken with food in **divided doses**, *no more than 600mg per dose*:
_____ mg _____ times per day.
- Do NOT take calcium within 2 hours of iron.
- Examples of Brands: Celebrate Vitamins, Bariatric Advantage®, Citracal®, Global Health®, TwinLab®, Tropical Oasis®
- Doses recommended
 - Women/Men 18 yrs and younger 2600 mg/day
 - Women/Men 19-50 yrs 2000 mg/day
 - Women/Men 51 yrs and older 2400 mg/day

3. Iron

- **Prescription:** Ferrex 150, 325mg Ferrous Sulfate, OR
- **Online/Over-the-Counter:** Ferrex 150 (www.Amazon.com), 60mg chewable (www.CelebrateVitamins.com or www.BariatricAdvantage.com or www.BariatricFusion.com), 65 mg iron or Vitron-C (OTC)
- Take _____ pill(s) _____ time(s) per day.

(OVER)

- 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** - 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.

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 you 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: -----
