

Endoscopic Sleeve Gastroplasty 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 2 weeks after your procedure.

1) Multi-Vitamin with Minerals

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

2) Calcium with vitamin D₃

- Should be taken with food in divided doses: _____ mg _____ times per day.
- Do NOT take more than 600mg of calcium at one time.
- Best taken after a meal.
- Examples: Caltrate[®] 600+D Plus, Viactiv[®], Adora[®], GNC 600 mg Calcium chew
- If taking iron supplements, do NOT take calcium within 2 hours of iron.
- Doses recommended
 - Women/Men 18 yrs and younger 1300 mg/day
 - Women/Men 19-50 yrs 1000 mg/day
 - Women/Men 51 yrs and older 1200 mg/day

3) 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.

4) Vitamin D₃

- Take 1,000 IU Vitamin D₃ daily *in addition to the Vitamin D in your multi-vitamin with minerals and calcium supplements.*
- Should be taken after a meal that contains some fat. Can be taken with one of your calcium pills.

(OVER)

Experimental choice:

PatchMD™ MultiVitamin Plus patch. The patch is applied daily and contains: a multi-vitamin with minerals, 1500 mg calcium, 1000 mcg vitamin B₁₂ plus appropriate amounts of the other B vitamins and 5,000 IU vitamin D₃. Go to www.PatchMD.com and select the *MultiVitamin Plus* patch.

However, absorption of the B vitamins seems to be a problem. So, in addition to the MultiVitamin Plus patch either purchase the *B₁₂ Energy Patch*, which has all of the B vitamins, **OR** take a *B-50 Complex*, one pill daily. You can start the B-50 Complex when you can swallow whole pills. You can purchase the B-50 Complex for about \$8 for a bottle of 100 capsules/soft gels.

You can wear more than one patch at a time. Each patch costs \$20/month, \$40/month for the 2 patches.

*****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:
