

Vitamins!

Important points:

- Many patients *before* they even have surgery, have low levels of vitamins
- The important vitamins to be aware of are B12, Iron, Calcium, Vitamin D
- Band patients have different vitamin recommendations that Bypass or Sleeve patients
- Not all multivitamins are the same: supplements designed for weight loss surgery patients generally are a better choice
- You should plan on spending about \$1 per day on vitamin supplements after surgery

Patients getting ready for surgery:

- We recommend that you initiate a vitamin supplement regimen approved by our dieticians before your surgery
- Dr Fowler recommends starting a meal replacement regimen a week before surgery to get you accustomed to your altered diet after surgery and to decrease the size of your liver for maximizing operative success
- One option approved by Dr Fowler is to use Bariatric Advantage patient surgery kits which provide a 3 month supply of vitamins and a week supply of meal replacement

After Surgery Band Patient Vitamin Recommendations:

- Multivitamin formulated for weight loss surgery patients
- Calcium supplement approximately 1200 mg per day (with added vitamin D)

After Surgery Bypass Patient Vitamin Recommendations:

- Multivitamin formulated for weight loss surgery patients
- Calcium supplement approximately 1200 mg per day (with added vitamin D)
- B12 500 mcg per day
- Iron approximately 30 mg per day

After Surgery Sleeve Patient Vitamin Recommendations:

- Multivitamin formulated for weight loss surgery patients
- Calcium supplement approximately 1200 mg per day (with added vitamin D)
- B12 500 mcg per day

**Remember, we will follow your laboratory values to make sure that any deficiency is addressed appropriately!*