

Vitamin and Mineral Recommendations For Patients after Gastric Bypass

MULTIVITAMIN / MULTIMINERAL:

You must now take an adult multivitamin twice daily. Choose a chewable pill. Some good brand names include Centrum Select, Life Brand and Jamieson. Start this vitamin after you are discharged from hospital.

IRON:

Do not start the iron supplement until instructed by the Dietitian or Doctor. We will recommend an iron pill based on your needs, but the usual supplement is **ferrous gluconate** – 300 mg tablet. After your first blood work you will be told if you need the iron supplement, and if so, how many a day.

CALCIUM:

We recommend chewable Calcium Citrate, 600 mg tablets, taken twice a day.

The goal is to have a minimum of 1000 mg of elemental calcium a day. If choosing liquid calcium please read the label !

* Calcium supplements should be taken at least 3 hours after the iron supplement. **DO NOT TAKE IRON AND CALCIUM TOGETHER.**

Start this vitamin after you are discharged from hospital.

B12:

You require 400 micrograms a day. You may choose to take a 400 microgram tablet daily, or a 1200 microgram tablet, three times a week. You also have the option of seeing your family Doctor for a B12 injection, once every few months.

Start this vitamin after you are discharged from hospital.