

Supplement Needs after Metabolic and Bariatric Surgery

Background Information

Now that you've had a bariatric surgery, you may have lost weight or are currently losing weight. Many people are able to tolerate all foods groups again 2 years after their procedure. A portion of your small intestine was bypassed, so even when you are able to eat a more diverse diet, your body is unable to absorb enough nutrients from the food you eat. Multivitamins and supplements are necessary for the rest of your life to prevent nutrient deficiencies.

Recommendations

- Multivitamin with minerals daily
- Thiamine 100 mg daily
- Calcium citrate 600 mg with vitamin D3 400 units twice a day
- Vitamin B12 sublingual or intramuscular injection as prescribed by your doctor
- Iron as prescribed by your doctor

Try to find liquid or chewable supplements to help with absorption. If you have had your surgery in the last year, nutrient levels should be checked every 3 – 6 months. If your surgery was more than one year ago, have your doctor check these levels yearly and supplement as needed.

Dietitian: _____
Phone: _____
Facility: _____

Nutrient	Supplements required if levels are less than	Our recommendation	Date labs checked on
B12	340 pg / ml	Cyanocobalamin 1000mcg IM daily for 10 days **Injections available at Walgreens	
Folate	5 ng / ml	Folate 1 mg daily (oral)	
Total iron binding capacity	Iron saturation less than 20%	Ferrous gluconate 325 mg (oral)	
Ferritin	15 ng / ml for women 30 ng / ml for men	Ferrous gluconate 325 mg (oral)	
Magnesium	1.6 mg / dl	Talk to your doctor	
Phosphate	2.3 mg / dl	Talk to your doctor	
Vitamin D	30 ng / ml	Ergocalciferol 50,000 weekly for 8 weeks (oral)	
Zinc	60 mcg / dl	220 mg daily for 4 weeks (oral)	

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This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

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