



Blackrock Clinic

PATIENT INFORMATION

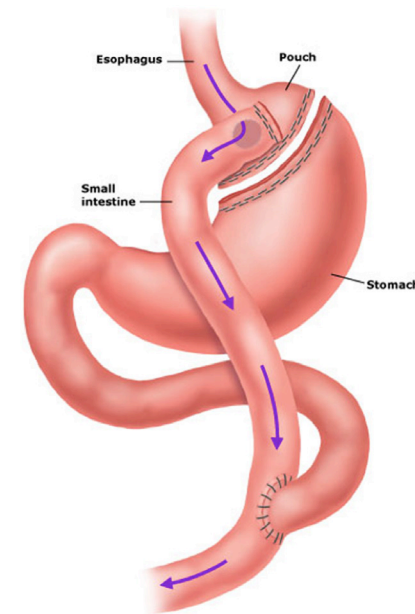
BARIATRIC SURGERY

Vitamin and Mineral Supplementation After Surgery



Welcome to Blackrock Clinic

Why are Vitamin and Mineral Supplements Recommended?



After any type of bariatric surgery there is a risk of developing vitamin or mineral deficiencies. This is because you are eating smaller portions of food which makes it more difficult to get enough vitamins and minerals from your diet alone. It is therefore recommended that all patients take certain vitamin and mineral supplements for the rest of their lives.

If you choose not to follow these recommendations you may be at risk of developing nutrient deficiencies. These can have various symptoms and may lead to complications such as osteoporosis and some of these conditions may be irreversible.

For the first 2 weeks after your surgery all medications, vitamin supplements and calcium supplements need to be in a chewable or soluble form. Vitamin D tablets can be started 2-3 weeks after your operation.

The following is the list of supplements that you must take:

A-Z Complete Multivitamin

Multivitamins are available to buy from your pharmacist.

Calcium and Vitamin D

You need to take 1200-1500mg of calcium and 50 µg of Vitamin D everyday to ensure good bone health.

The easiest way to achieve this is to take Calcichew D3 Forte two times a day.

We advise you also to purchase an additional vitamin D tablet containing 25 µg and take one or two tablets a day.

Iron

You may also need iron supplements and should have your iron levels assessed at regular intervals by your family doctor.

Vitamin B12

You will need to start having regular 4-6 monthly Vitamin B12 injections 6 months after your surgery. To prevent you developing a vitamin B12 deficiency we recommend that you have this done by your family doctor on a 4-6 monthly basis.

Injection is the most effective way of your body absorbing this vitamin after a gastric bypass or sleeve gastrectomy.

Taking your vitamins and minerals

To make sure your vitamins and minerals are well absorbed we recommend the following:

Avoid taking calcium supplements at the same time as your multivitamins.

Spread your calcium supplements throughout the day (do not take all in one go).

Take your multivitamins and iron with vitamin C containing food if possible – such as a small amount of orange juice, fruit and vegetables.

Other Medications

If you are taking Thyroxine, avoid taking this at the same time as your multivitamins, minerals, iron and calcium as they can prevent you absorbing the thyroxine properly.

If you are taking Warfarin then you should choose a multivitamin that does not contain Vitamin K. If this is not possible you should have your INR monitored by your family clinic or Warfarin Clinic.

Suggested Regime

Multivitamins and minerals and iron can be taken all together at breakfast (try to include a vitamin C containing food if possible).

Then spread your calcium supplements throughout the day.

You can take your vitamin D at the same time as the calcium supplements.

For example:

With Breakfast	A-Z Multivitamin and Iron
With Lunch	Calcium and Vitamin D (Calcichew D3 Forte)
With Evening Meal	Calcium and Vitamin D (Calcichew D3 Forte)
Before Bed	Calcium and Vitamin D (Calcichew D3 Forte)

Nutritional Monitoring and Blood Tests

Routine nutritional blood tests are required every 3 months for the first year after surgery and then yearly thereafter for life.

Blood testing may be more frequent if deficiencies are suspected. If deficiencies are found you may be offered extra dietary advice or further supplementation.

We advise that you have the following routine nutritional blood tests:

- **Full blood count**
- **Urea and electrolytes**
– including phosphate and magnesium
- **Glucose**
- **Liver function tests**
- **Iron and Ferritin levels**
- **Folate**
- **Vitamin B12**
- **Lipid profile – with triglycerides**
- **Calcium and PTH**
- **25-Hydroxyvitamin D (once a year)**

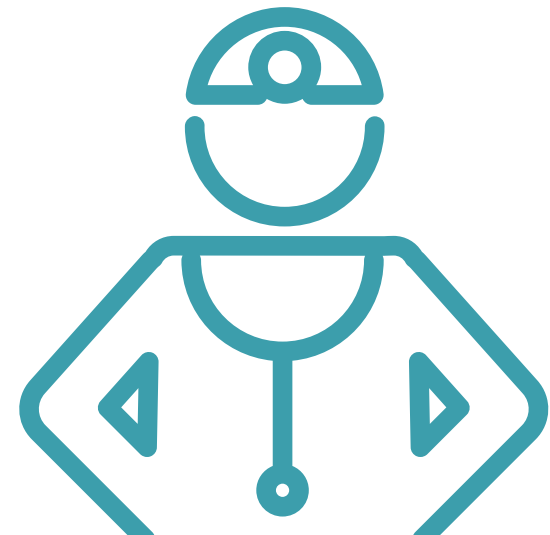
Others may be necessary if advised by your doctor.

Planning Ahead

- **A-Z complete multivitamin – 1 tablet per day**
- **Calcium and Vitamin D (Calcichew D3 Forte)**
– 2 tablets per day
- **Iron (Ferrous Gluconate 300mg) – 1 tablet per day**

To Arrange

- **3 monthly nutritional blood tests in first year and then yearly blood tests.**
- **Tests to be organized with your Family Doctor (GP) and results to be forwarded to your surgeon's secretary prior to follow up appointments.**
- **Vitamin B12 injections – Book at Family Doctor (GP) and start 6 months after surgery**



*Peace of mind is an important
component of healing*



Blackrock Clinic

B A R I A T R I C
S U R G E R Y

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