

Post-Operative Vitamin & Mineral Recommendations for GASTRIC BYPASS (RNY)

Vitamin and mineral supplements are necessary for **the rest of your life**. Failure to take vitamin and mineral supplements regularly may result in serious long-term nutritional deficiencies that could affect your health.

As with your medications, it is recommended that all patients begin with crushed, liquid or chewable supplements for optimal absorption and toleration.

Chewable Vitamin and Mineral Supplement Options

Option 1 \$30-40 /mo Actual cost in Oct: \$65.44

BARIATRIC ADVANTAGE®	Breakfast	Lunch	Dinner	Bedtime
Essential Multi (Multivitamin) ^{INCL. B12}	1		1	
Chewable Iron* (29 mg Passion Fruit)				1
Calcium Citrate Chewy Bite* (500 mg)	1	1	1	

30-day
Bariatric Advantage
Vitamin Kits now available
at the Kane Center!

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*Iron and Calcium supplements should be taken at least 2 hours apart to ensure appropriate absorption of both nutrients.

OR

Option 2

NASCOBAL® NutritionDirect™ Prescription required (often covered by commercial insurance) nascobal.com ^{MULTI BE COPY}	Breakfast	Lunch	Dinner	Bedtime	Once a week
Multivitamin	1		1		
Iron Tablets*				2	
Calcium Citrate*	2		2		
Nascobal B12 Nasal Spray					1 spray

*Iron and Calcium supplements should be taken at least 2 hours apart to ensure appropriate absorption of both nutrients.

Individual variations may occur based on gender, age, intake and metabolic factors. Your bariatric provider may make adjustments based on future lab values. Make sure to get lab work done according to the schedule recommended by your surgeon and follow recommendations offered by your health care providers. Stop the use of supplements 2-3 days before lab work.

If you have questions regarding supplements, contact your registered dietitian or bariatric surgeon.