

Vitamin and Mineral Supplementation for Roux-N-Y Gastric By-Pass

- Multivitamin (MVI) with Minerals

Tips:

- Take 2 **chewable** or **liquid** MVI for the first 4 weeks then chewable, liquid or gel cap after 4 weeks and for a lifetime.
- MVI must contain 100% RDA for iron (18 mg), folic acid (400 mcg), and thiamin (1.5 mg).
- Take with food (except dairy) to help with absorption.

- Calcium

Tips:

- Be sure to choose products that are calcium citrate. Avoid calcium carbonate (Tums[®], Viactiv[®], OsCal[®]), oyster shell, bone meal, etc.
- Look for **elemental** calcium on the label and adjust your dose to make sure you're getting 500-600 mg of **elemental** calcium. Take 500-600 mg three times per day, separated by at least 2 hours (see schedule below).
- Choose chewable, liquid for the first 4 weeks and chewable, liquid or gel cap after 4 weeks and for a lifetime.
- Must contain Vitamin D (at least 400 IU) and Magnesium.

- Iron

Tips:

- For menstruating women and/or patients with iron deficiency anemia.
- Total of 54-65 mg of **elemental** iron a day (18mg – 29mg of ferrous fumarate in addition to the 36 mg you will receive from taking two MVI).
- Cooking in cast iron pans increases the iron content of food and can contribute to your iron intake.

- Vitamin B12

Tips:

- 500 mcg sublingual tablet or liquid (under your tongue) once a day or 1000 mcg sublingual tablet every other day.
- 1000 mcg vitamin B12 shot once a month (injections prescribed by your PCP).
- Also available as a prescription nasal spray from your PCP.

Suggested Timing of Supplements

| | Extra Iron | No Extra Iron |
|------------------------------------|---------------------|---------------------|
| With fluid before Breakfast | 2 multivitamins | 2 multivitamins |
| Snack | 500-600 mgs calcium | 500-600 mgs calcium |
| Lunch | 500-600 mgs calcium | 500-600 mgs calcium |
| Snack | | |
| Dinner | 500-600 mgs calcium | 500-600 mgs calcium |
| Snack | Iron | |