

# Your Vitamin Supplementation and Monitoring

## Postoperative Supplementation

After bariatric surgery, we recommend that you take additional vitamins and minerals (also known as micronutrients) in the form of supplements. This is because we know that patients are at higher risk of developing micronutrient deficiencies after bariatric surgery. The amount of supplementation you need will depend on the type of surgery you have had.

For all surgical procedures, **you will need to take liquid or chewable or soluble forms of supplementation for the first 6-weeks**. After 6-weeks you will then convert to tablet forms of micronutrient supplementation, which have better levels of micronutrients.

### **Suitable multivitamin and mineral preparations for the first 6-weeks include:**

Centrum Fruity Chewable - twice per day  
Superdrug A-Z Multivitamins & Minerals Chewable tablets - twice per day  
FeroGlobin Liquid Plus - 5ml twice daily

## Gastric band

After a gastric banding procedure, you will need to take one multivitamin and mineral A-Z supplement per day. Please see the list of suitable multivitamin and mineral preparations listed below. This may increase depending on your progress following surgery. Be sure to ask your dietitian should you need any further information.

### **Suitable multivitamin and mineral A-Z supplements after 6-weeks include:**

Sanatogen A-Z complete or  
Superdrug A-Z multivitamins with minerals or  
Tesco A-Z multivitamins and minerals or  
Lloydspharmacy A-Z multivitamins and minerals

## Sleeve gastrectomy and Gastric bypass

### **The first 6-weeks:**

In addition to your chewable or effervescent multivitamin and mineral supplement indicated above you will also be prescribed the following supplements:

- **Iron:** Ferrous Fumarate syrup (sugar-free) 10mls/day
- **Calcium / Vitamin D:** Cacit D3 sachet twice a day – split dose morning and evening. It is important not to take calcium and iron supplements at the same time; (at least 4 hours apart).

### **After 6-weeks:**

After a sleeve or bypass procedure, you will need to take:

- **Multivitamin and Mineral A-z supplements:** 2 per day. Please see the list of suitable multivitamin and mineral preparations listed above.
- **Calcium / Vitamin D:** Cacit D3 sachet: 2 per day twice a day. Split the dose, one in the morning and one in the evening. It is important not to take calcium and iron supplements at the same time (at least 4 hours apart).
- **Ferrous Fumarate 210mg:** 1 tablet per day. Menstruating women will need to take 1 tablet twice a day.
- **Vitamin B12 intramuscular injection:** Begin at 3 months post-operatively and continue life-long.

We will recommend that your GP adds calcium, ferrous fumarate and vitamin B12 onto your repeat prescription.

In addition, there are companies who make an 'all-in-one' micronutrient supplement specific to bariatric surgery patients, for example; Baricol Complete [online only]. You will need 3 chewable tablets per day or 2 effervescent tablets per day. If you choose this option, please discuss with your dietitian as it may reduce the need for another supplement.

### **Monitoring after surgery:**

We will check your vitamin and mineral levels by blood test after surgery. The frequency of these blood tests will depend on your progress. Generally gastric banding patients will require monitoring at 12-months post-surgery, whilst sleeve and bypass patients will need bloods at 3, 6 and 12-months.

In some cases, your vitamin and mineral levels may need to be tested more frequently e.g. pregnancy or change to medical history. Should you have any questions or concerns, please contact your dietitian.

After 1-year, we will write to your GP with guidance on which tests to monitor into the future.

If you have any concerns or questions during weekday, working hours, please contact the eWeightloss team at:

**info@eWeightloss.co.uk**  
or call **07554 241177**