Bariatric Surgery Vitamin Guidelines

Gastric Sleeve and Gastric Bypass

1. Bariatric Formulated Multivitamin
2. Iron 36mg daily
3. Vitamin B12 – (Nascobal prescription nasal b12 once weekly, 1000 micrograms sublingual tablet daily under tongue, or 1000 micrograms intramuscular injection once monthly)
4. Vitamin D3- 3000 International Units daily
5. Calcium Citrate (chewable) – 500mg 3 times daily (take 2 hours before or after any iron containing products)

Options:

1. Nascobal B12 Nasal Spray and BariActiv Vitamin Kit: This is our preferred option and it will require a prescription from your doctor. This kit includes the following:
   • Nascobal Nasal B12 spray- 1 spray one nostril once weekly
   • BariaActiv Dissolvable Multivitamin – take 2 daily
   • Iron 18mg (chewable)- take 2 daily unless otherwise directed your surgeon or dietitian
   • Calcium Citrate 300mg (dissolvable) – dissolve/chew 2 tablets twice daily. Take 2 hours before or after your iron
   • Other: With this program your do not need to add additional vitamin D as you will obtain 3000 units daily between your vitamin and calcium.

2. Bariatric Advantage Vitamins:
   • Bariatric Advantage Advanced Multi EA Chewable tablet- Chew 1 tablet twice daily
   • Calcium Citrate 500mg- Chew 1 three times daily. Note: You need to stick with the chewable tablets for the first 30 days after surgery and can switch to the chewy bites 30 days after surgery as desired. Take calcium 2 hours before or after your multivitamin as the Bariatric Advantage vitamin contains iron.
   • B12 1000mcg – dissolve one under tongue once weekly
   • Notes: With this package you don’t need to add extra iron, or vitamin D3 as the EA chewable contains sufficient amounts of these nutrients.

Duodenal Switch

Bariatric Formulated Multivitamin

1. Iron 45mg daily
2. Vitamin B12 – (Nascobal prescription nasal b12 once weekly, 1000 micrograms sublingual tablet daily under tongue, or 1000 micrograms intramuscular injection once monthly)
3. Vitamin D3- 8000-10,000 International Units Daily
4. Calcium Citrate (chewable) – 500mg 3 times daily (take 2 hours before or after any iron containing products)

Options:

Bariatric Advantage Vitamins:

• Bariatric Advantage Advanced Multi EA Chewable tablet- Chew 1 tablet twice daily
• Calcium Citrate 500mg- Chew 1 three times daily. Note: You need to stick with the chewable tablets for the first 30 days after surgery and can switch to the chewy bites 30 days after surgery as desired. Take calcium 2 hours before or after your multivitamin as the Bariatric Advantage vitamin contains iron.
• B12 1000mcg – dissolve one under tongue once weekly
• Vitamin D3 (dry) 5000 units daily. You will achieve an intake of 9200 units daily when combined with the multivitamin and the vitamin D3 in your calcium.
• Notes: With this package you don’t need to add extra iron as the EA chewable contains a sufficient amount of iron.

Resources:

A. Nascobal and BariActiv Vitamin Kit- To obtain this vitamin kit please request a prescription from your physician
B. Bariatric Advantage: You can purchase bariatric advantage vitamins at www.bariatricadvantage.com