

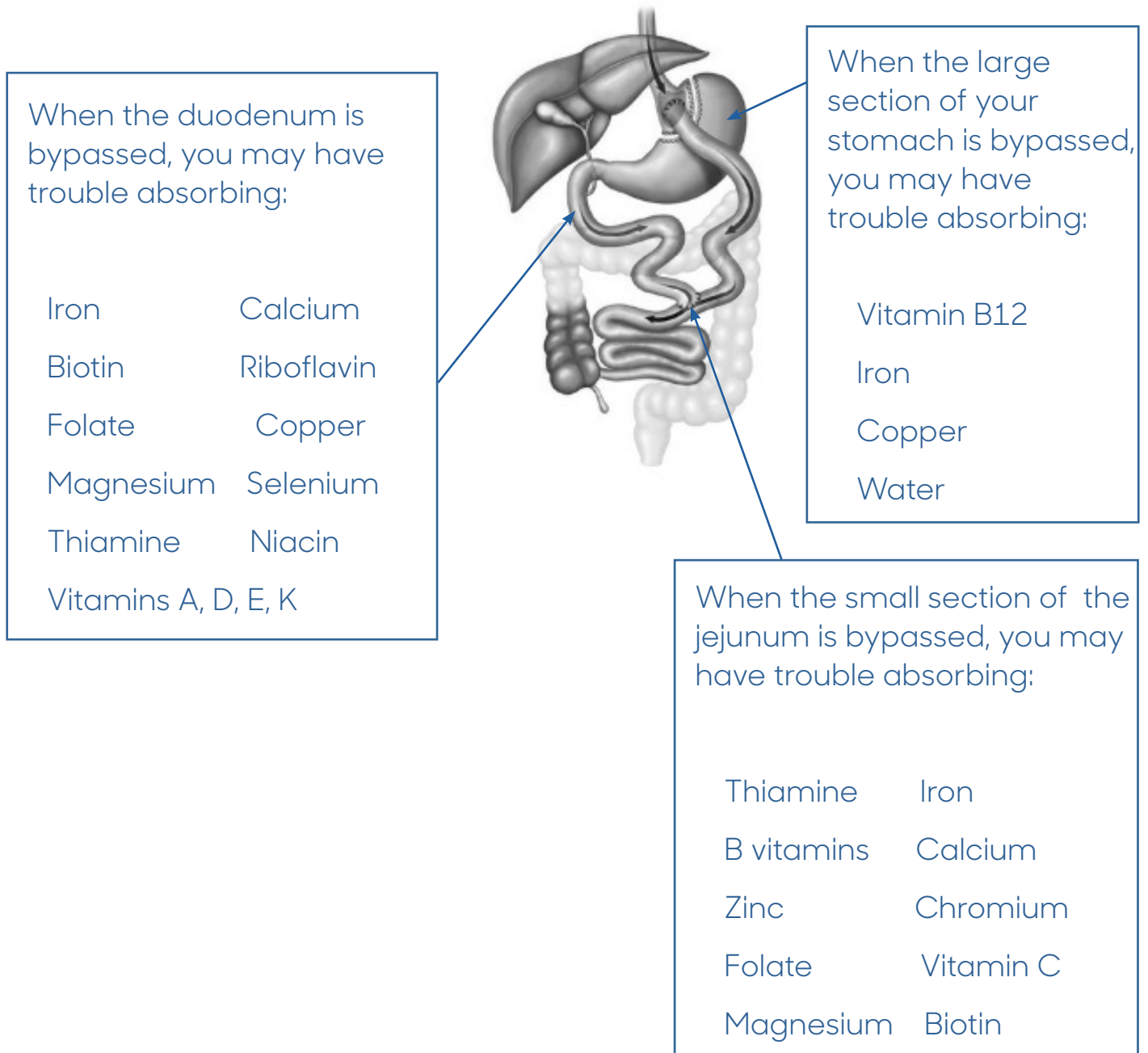
A decorative graphic consisting of several concentric, overlapping circles of varying radii. Scattered around these circles are approximately 15 grey plus signs (+). The circles and plus signs are arranged in a way that suggests a circular path or a series of orbits.

**Section 7:  
Vitamins and minerals**

## Vitamin and mineral absorption after surgery

After surgery, your body will not absorb certain vitamins and minerals as well as it did before. Bypassing different parts of your digestive system will affect how your body absorbs different things.

### Roux-en-Y gastric bypass surgery



**You will need to take vitamin and mineral supplements every day for life.**

## Vertical sleeve gastrectomy surgery

You will have an overall lower absorption of:

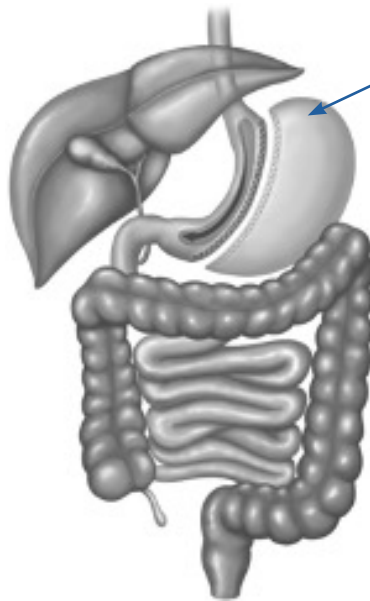
Calcium

Vitamin D

Vitamin B12

Iron

Copper



When a large section of stomach is removed, you may have trouble absorbing:

Vitamin B12

Iron

Copper

Water

**You will need to take vitamin and mineral supplements every day for life.**

## Avoiding vitamin and mineral deficiency after surgery

After surgery, there is a greater chance for vitamin and mineral deficiencies. You can avoid these deficiencies by taking supplements.

### Multivitamin and minerals

If you do not take your multivitamin and mineral supplements you may have trouble with:

- Moving around well
- Seeing
- Tasting
- Memory
- Speaking
- Mood
- Physical energy
- Bone strength
- Heart health
- Muscle strength

### Vitamin B12

If your body does not have enough Vitamin B12 you may have:

- Muscle weakness
- Stiff or rigid muscles
- Tingling feeling in hands, arms, feet and legs
- Trouble controlling urine and bowel movements
- Low blood pressure
- Trouble seeing
- Trouble thinking
- Poor mood

### Calcium and vitamin D

If your body does not have enough Calcium and Vitamin D you may have:

- Brittle and weak bones
- Pain in joints
- Muscle cramps

## Iron

Some people may need to take extra iron after surgery. If your body does not have enough iron, you may have:

- Hair loss
- Low energy
- Poor concentration
- Memory loss
- Weaker immune system
- Poor mood

## Monitoring your vitamin and mineral levels

We will test your vitamin and mineral levels after surgery. Deficiencies may be life threatening and could cause permanent damage. **It is very important that you take vitamin and mineral supplements every day for the rest of your life.**

### Vitamin and mineral monitoring plan X = test completed

	Six weeks after surgery	Six months after surgery	Every year
Iron status (Ferritin + CBC)	X	X	X
Vitamin D (25-OH and PTH)	X	X	X
Vitamin B12	X	X	X
Calcium		X	X
Vitamin A		X	X
Zinc		X	X
Other	Your health-care team may ask you to take more tests if you need them.		

## Vitamin and mineral supplements for life

You need to take vitamin and mineral supplements daily for life because your body can not absorb vitamin and minerals as well after bariatric surgery.

This section provides guidelines for choosing vitamin and mineral supplements for after bariatric surgery. Choices include bariatric supplements and over-the-counter supplements. They come in chewable, capsule, tablet and liquid forms.

### Getting started

- Choose vitamin and mineral options from Bariatric supplements available in Canada (page 43) OR Bariatric supplements from in the US (page 45) OR Over-the-counter supplements (starting on page 46).
- Please note vitamin and mineral supplements are not available at the Weight Management Clinic.
- Start taking your vitamin and mineral supplements when you come home from hospital.
- Taking your vitamin and mineral supplements with food can help reduce discomfort and help with absorption.
- Multivitamin gummies and patches are not recommended because they do not meet after-surgery needs.
- For the first four to eight weeks after surgery, you may feel more comfortable choosing chewable or liquid vitamin and mineral supplements.

### REMINDER:

Your care team will check your blood work after surgery and adjust your supplements as needed. If you have any questions about supplements, call the clinic.

### How many to take

- The average numbers of vitamin and mineral tablets per day is four to 12.
- Bariatric vitamin and mineral options: four to seven tablets per day.
- Over-the-counter vitamin and mineral options: nine to 12 tablets per day.

### How much they cost

- Vitamin and mineral supplements can cost \$55 to \$75 monthly.

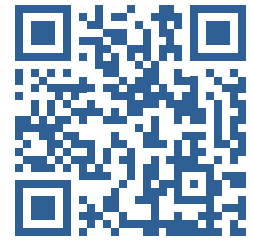
## Bariatric supplements available in Canada

Choose one option from the following

### Bariatric Advantage® Vitamins →

Company Name: Bariatric Advantage Canada

Where to buy: online



### **Ultra Multi Capsules + Calcium Citrate 500 mg (chewable or chewy bites)**

- Take three multivitamin capsules and two to three calcium citrate chews per day.
- Multivitamin capsules can be taken together or separately.
- Calcium citrate chews need to be separated by at least two hours.

OR

### **Chewable Advanced Multi EA + Calcium Citrate 500 mg (chewable or chewy bites)**

- Take three multivitamin tablets and two to three calcium citrate chews per day.
- Multivitamin chewable tablets can be taken together or separately.
- Calcium citrate chews need to be separated by at least two hours.

## Celebrate® Vitamins →

Where to buy: online or in person at The Ottawa Hospital Civic Campus, Medical Pharmacy (613-761-4157)



### **Multivitamin Capsule and Calcium Citrate Soft Chews**

- Take three multivitamin capsules and two to three Calcium Citrate Chews per day.
- Multivitamin capsules can be taken together or separately.
- Calcium citrate chews need to be separated by at least two hours.

OR

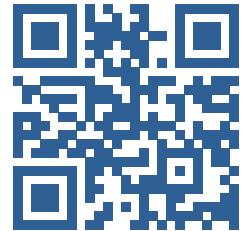
### **Essential Multi 2-in-1 Chewable**

- Take four chewable tablets per day. Take 1 or 2 at a time, separated by at least two hours.

## Paravita® Vitamins →

Company Name: Paravita® Canada

Where to buy: online



### **Paravita Refresh Bariatric Vitamins and Vitamin D**

- Take three multivitamin tablets and three Vitamin D 1000IU tablets per day.
- Multivitamin tablets need to be separated by at least two hours.

## Bariatric supplements from in the US

Please talk to your health-care team about what product and dose best meets your needs.

### Bariatric Advantage® Vitamins

Company Name: Bariatric Advantage United States

Where to buy: online 



### Bariatric Fusion

Company Name: Bariatric Fusion United States

Where to buy: online 



### Bariatric Pal® Vitamins

Company Name: Bariatric Pal® United States

Where to buy: online 



### Celebrate® Vitamins

Company Name: Celebrate® Vitamins United States

Where to buy: online 



### Opurity® Vitamins

Company Name: Unjury® United States

Where to buy: online 



### ProCare Health® Vitamins

Company Name: ProCare Health® United States

Where to buy: online 



## Over-the-counter supplements - Guidelines

This chart is a general guideline. Talk to your health-care provider for specific information about your needs.

Supplement	Amount	Notes
Multivitamin/ mineral	2 tablets per day	Dosing depends on product. Look for: Vitamin A 5000-10000 IU Vitamin B1 (Thiamine) 12 mg Folate 400-1000 mcg Vitamin E 15 mg Vitamin K 90-120 mcg Zinc 8-22 mg Copper 1-2 mg Selenium 55 mcg
Vitamin B12	500-1000 mcg per day	Under the tongue (sublingual) or dissolvable preferred
Calcium Citrate	1200-1500 mg per day	Take 400-600 mg at a time, at least two hours apart  Do not take within two hours of iron or multivitamins containing iron
Vitamin D	3000-4000 IU per day (from all supplement sources)	Check your multivitamin and calcium supplements to see how much vitamin D they contain. You may need to add extra Vitamin D.
Iron*	45-60 mg per day	Ferrous Gluconate 300 mg  Take with 250-500 mg vitamin C for better absorption.  Do not take within two hours of calcium in calcium supplement, a multivitamin containing calcium or food sources containing calcium (e.g. milk, cheese, yogurt).

\*You may not need an iron supplement. Please talk to your nurse practitioner.

## Over-the-counter supplements - Examples

<b>Multivitamin/mineral (choose 1)</b>	
Centrum Performance (contains 9 mg Vit B1/Thiamine per 2 tablets)	2 tablets per day
Equate Senior Women's Tablet (contains 15mg Vit B1/Thiamine per tablet)	2 tablets per day
Kirkland Signature® Women 50+ Tablet (contains 15mg Vit B1/Thiamine per tablet)	2 tablets per day
Webber Naturals® Women's Most Complete Multi Tablet (contains 10mg Vit B1/Thiamine per 2 tablets)	2 tablets per day
<b>Vitamin D (choose 1)</b>	
Ddrops® Vitamin D 1000 IU Liquid	1-2 drops per day
Jamieson® D3 1000 IU chewable, tablet or sublingual	1-2 tablets per day
Jamieson D3 1000 IU Spray	1-2 sprays per day
Kirkland D3 1000 IU Tablet	1-2 tablets per day
Webber Naturals® D3 1000 IU Tablet	1-2 tablets per day
<b>Calcium Citrate (choose 1)</b>	
Bariatric Advantage Calcium Citrate 500 mg Chewable	1 chew, 3 times per day
Celebrate® Calcium Citrate 500 mg Soft Chew	1 chew, 3 times per day
Equate Calcium + D Liquid	1 tbsp, 3 times per day
Jamp Calcium Liquid	1 tbsp, 3 times per day
Life Brand Calcium Citrate 300 mg Tablet	2 tablets, 2 times per day
Webber Naturals® Calcium and Vitamin D Liquid	1 tbsp, 3 times per day
Webber Naturals® Calcium Citrate 300 mg Tablet	2 tablets, 2 times per day
<b>Vitamin B12 (choose 1)</b>	
Jamieson® B12 500 mcg or 1000 mcg Tablet	1 tablet per day
Jamieson® Fast Dissolving B12 1000 mcg Strip	1 strip per day or every other day
Jamieson B12 500 mcg Spray	1 spray per day
Kirkland Signature Sublingual B12 1200 mcg Tablet	1 tablet per day or every other day
Webber Naturals® B12 500 mcg Tablet	1 tablet per day
<b>Iron and others</b>	
Your health-care team may suggest iron or other vitamin and mineral supplements to you based on blood work after surgery.	

**Available at local stores. Products may vary.**

**Your health-care team may adjust your supplements as needed.**