

After Bariatric Surgery: Vitamin and Mineral Guide for Gastric Bands

After bariatric surgery, you are at higher risk for low blood levels of vitamins and minerals. This may be due to:

- eating less food because your stomach is smaller
- not being able to tolerate certain foods or textures
- not following guidelines for eating after surgery

For these reasons, it may be hard to get all the vitamins and minerals you need each day from only food.

What do I need?

Your needs depend on your age, gender, health, and the medications you are on. Your needs may change over time.

Your doctor, dietitian, or pharmacist can tell you which supplements are right for you. You can take supplements in tablet or liquid form.

Multivitamins

You need to take a multivitamin each day.

Calcium and Vitamin D

If a calcium supplement is recommended, **take no more than 500 mg of calcium at one time.** You may need to take it a few times per day.

Avoid calcium soft chews. They may stick and block the opening of the pouch, causing discomfort or vomiting.

Choose a calcium supplement that also contains vitamin D instead of taking separate tablets. This can help reduce the total number of tablets you need to take each day.

When should I take my supplements?

You can take your supplements with or without food. You may find it easier to spread out the supplements over the day instead of taking them all at once as they can easily fill up a small pouch.

A supplement that has calcium or iron in it may get in the way of how some medications are absorbed. Talk with your doctor or pharmacist about when to take your medications and vitamin and mineral supplements.

How do I know if I have a deficiency?

You may not see or feel signs or symptoms of a vitamin deficiency until the vitamin level in your body is very low. It is important to see your doctor or dietitian and have blood tests done as recommended.

My daily recommendations

1. Take one multivitamin each day.

2. Calcium _____ mg

Vitamin D _____ IU

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