Nutrition After Weight Loss Surgery
Gastric Bypass • Sleeve Gastrectomy • Gastric Banding • Duodenal Switch

“VITAMINS AND MINERALS AFTER SURGERY”

SAGE BARIATRIC INSTITUTE
What We’ll Cover Today

- Why do I need vitamins and mineral supplements after weight loss surgery?
- What supplements will I need?
- Bariatric specific vitamins
- Vitamin schedules
Why Will I Need Vitamins and Minerals After Weight Loss Surgery?

- We need vitamins and minerals every day in adequate amounts in order for our bodies to function properly.

- Weight loss surgery can contribute to deficiencies because of:
  - Decreased intake of food
  - Change in variety of food
  - Decreased absorption of certain nutrients because of a change in anatomy.
Why Will I Need Vitamins and Minerals After Weight Loss Surgery?

**Roux-en-Y Gastric Bypass**
- Esophagus
- Bypassed Portion of Stomach
- New stomach pouch
- "Short" Intestinal Roux Limb
- Pylorus
- Duodenum

**Nutrients Most At Risk:**
- Iron
- Calcium
- Vitamin D
- Vitamin B12
- Folate
- Thiamine

**Vertical Sleeve Gastrectomy**
- Esophagus
- New stomach pouch
- Gallbladder
- Duodenum
- Liver
- Portion of stomach which is removed
- Small intestine
- Colon
- Appendix

* **Nutrients Most At Risk:**
- Vitamin B12
- Calcium/Bone Loss
- Iron
- Thiamine
Why Will I Need Vitamins and Minerals After Weight Loss Surgery?

Nutrients Most At Risk:
- Folate
- Vitamin B12
- Thiamine
- Bone Loss
Why Will I Need Vitamins?

- When our body is lacking in nutrients of days, weeks, or months, life threatening or debilitating consequences can occur.
  - Fatigue/anemia
  - Poor immune function contributing to cancer risk, cardiovascular disease, side effects of diabetes
  - Bone loss/fractures
  - Neuropathy or neurological impairment
  - Damage to the heart
  - Blindness
Why Will I Need Vitamins?

• To protect your health it is important to:
  1. Be compliant with a supplement program.
  2. Get your vitamin profiles checked EVERY year.

• Deficiencies are easy to correct if found early

• Difficult to correct if we wait for visible signs of vitamin deficiencies.
Which supplements will I need?

- **High Potency Multivitamin** which includes a minimum of:
  - 100-300% of daily value of B2, B3 (niacin), B5 (pantothenic acid), Folate and Biotin
  - At least 200% of B1 (thiamin)
  - 30-200 IU of vitamin E (preferably in a natural form, will have a “d-” in in front such as d-alpha tocopheryl acetate or succinate not a “dl-”, which is synthetic)
  - 100-200% of vitamin A
  - 60-500mg of vitamin C
  - 100% of daily value for zinc, selenium, copper, manganese, chromium, molybdenum
  - Ideally also contains choline and inositol
Which supplements will I need?

- **Iron**
  - Up to *45 mg* daily in gastric bypass and some sleeve gastrectomy patients
  - Your provider will help evaluate the type and quantity of iron that you should be taking
  - Separate from calcium by 2 hours as it inhibits absorption

- **Vitamin B12**
  - *1000 mcg* sublingual (under the tongue) weekly
  - Oral methylcobalamin
  - Nasal sprays or injections are also an option
Which supplements will I need?

- **Calcium**
  - Needs to be in the form of calcium *citrate* for improved absorption
  - *1500-1800 mg* per day total (may include amount in multiple and/or the diet)
  - Body can only absorb *500 mg at a time*, so needs to be divided into 3 doses throughout the day

- **Vitamin D**
  - *3000 IU* per day (can include amounts in multi and calcium)
Why take a bariatric vitamin?

- Vitamin preparations vary a lot in terms of contents, nutrient forms, and nutrient levels.

- We recommend bariatric specific vitamins because they are delivering the dosage of nutrients needed with your new anatomy as well as in a way that the new anatomy can actually absorb and utilize the nutrients.
  - They are specifically designed with the needs of the weight loss surgery in mind!
  - Less gastric acid post surgery to break down particularly tablets to the point the body is able to absorb the nutrients

- We see improved vitamin profiles in patients taking bariatric vitamins.
Why take a bariatric vitamin?

- **Cost**
  - Bariatric Vitamins typically cost $35-65 per month for all of the recommended nutrients depending on the type of form that you choose to take.
  - Compared to increased quantity of over the counter supplements as well as the cost of vitamin deficiency complications, you may not be saving moving.
  - INVEST in Your New Healthy Life!
Consider these comparisons

- **Cost**
  - The average American consumes 2 soft drinks per day
    - $2/day for soft drinks=$60/month
  - The average American eats at a fast food restaurant 2-3 times per week
    - $6/3 times per week=$72/month

INVEST in YOU and PROTECT YOUR HEALTH!
When do I start vitamins?

- Talk to your provider about any supplements you may need prior to surgery.
- Start on the bariatric specific vitamins ~1 week post-op
- Bariatric vitamins that we recommend will be presented at your post-op follow up appointment and you will have a chance to sample them.
Congratulations on starting the journey to a new you!

YOU WILL NEED VITAMINS FOR THE REST OF YOUR LIFE, NO MATTER HOW GREAT YOU FEEL

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