



DEPARTMENT OF PHARMACEUTICAL CARE SERVICES
(309) 655-6805

Vitamins for Life for Gastric Bypass (RNY) Surgery Patients

Before Surgery – should begin at least one month prior to surgery

Multivitamin – 1 tablet twice daily (ie. Centrum)

Calcium Citrate – 800-1000mg per day with Vitamin D (max of 500mg per dose)

Vitamin B-1 (Thiamine) – 100mg daily

After Surgery* - all should be started within 14 days after surgery

Multivitamin – 1 tablet twice daily (Chewable Children's Complete **OR** Chewable Centrum **OR**

Bariatric Advantage Multivitamin w/ B-Complex – formally known as Bariatric Advantage Complete Chewable Multivitamin**)

Calcium Citrate – 1200-1500mg per day with Vitamin D (max of 500mg per dose)

Vitamin B-12 – 500mcg under tongue – liquid or tablet

Vitamin B-1 (Thiamine) – 100mg daily

Iron** 29-65mg per day – only if using Bariatric Advantage Multivitamin w/ B-Complex

***For all patients regardless of the surgical procedure performed, the surgeons of the OSF Surgical Weight Loss Center of Excellence ask that all tablets be crushed or capsules opened. This should be done for the 1st 6 weeks following the surgical procedure. After the crushing phase is complete, chewable formulations are no longer required.**

**** Iron supplementation is necessary ONLY if the Bariatric Advantage product is used as contains no iron since recently reformulated.**

Separate any Multivitamins, Calcium and Iron products from each other by 2 hours to provide maximum absorption.