

B-complex

Begin taking this upon return from the hospital.

Supplements

Dr. Bruce will recommend the type of multivitamins and amount of calcium at your 2-week post-op appointment. You will take these indefinitely. These supplements can be purchased online or in our store and can be shipped or autoshipped.

Multivitamins

Sleeve/Bypass



Take 1 capsule per day with 3 calcium citrate chews (1500mg calcium)
Please space all vitamins and calcium at least 2 hours apart from each other



Take 4 chewables per day with 1 calcium citrate chew (500mg calcium)
Please space all vitamins and calcium at least 2 hours apart from each other

DS/SADI



Take 3 capsules per day plus 4 calcium citrate chews (2000mg calcium)
Please space all vitamins and calcium at least 2 hours apart from each other



Take 4 chewables per day with 2 calcium citrate chews (1000mg calcium)
Please space all vitamins and calcium at least 2 hours apart from each other

The multivitamins above are what we recommend however if you use another brand please consult us for instructions.

*Please see next page for Vitamin Spacing Example Schedule

**All supplements are available in store and online.
Visit our website www.bwamed.com to purchase.**

Calcium

Dr. Bruce will recommend the type of multivitamins and amount of calcium at your 2-week post-op appointment. You will take these indefinitely. These supplements can be purchased online or in our store and can be shipped or autoshipped.

Try any of the Calcium Chews below to meet your calcium needs.



Example Supplement Schedule

This schedule is for post-op DS and SADI patients if you have any questions about what requirements you need please get in touch with us.

8 AM Multivitamin Capsule
10 AM Calcium Chew
Noon Multivitamin Capsule
2 PM Calcium Chew
4 PM Multivitamin Capsule
6 PM Calcium Chew
8 PM Calcium Chew

**All supplements are available in store and online.
Visit our website www.brucebariatrics.com to purchase.**