

# Troubleshooting Multivitamins After Weight Loss Surgery

## The Smell/Taste Bothers Me

1. This is common especially in the early days after surgery when your sense of smell or taste is heightened.
2. Take your vitamins out in the morning or afternoon and let them sit in the open air so the smell dissipates. It should no longer cause problems later in the day.
3. If needed, crush the vitamin (vs. chew) and take in a tablespoon of applesauce.

## They Upset My Stomach

1. **TAKE WITH FOOD!** This is the #1 rule. Don't take before you eat, don't take after you eat. Swallow or chew the vitamin and then begin eating.
2. Start at dinner. Most people find their stomachs are more sensitive earlier in the day and can tolerate more as the day goes on.
3. Start with a half dose if possible. Once you know you can tolerate half, then increase to the full dose.

## I Forget To Take Them

1. Make it visible. If they are out of sight they are more likely to be forgotten. Place your vitamins in a visible place such as your bathroom sink, car, or desk at work.
2. Use your phone to set reminders or alarms to take your vitamins.
3. Start a tracker sheet, mark off each day you take your vitamins. Post the tracker somewhere you can see it.

## Why Can't I Take Other Over The Counter Chewables?

1. After weight loss surgery, your needs for several vitamins and minerals are greater than the general population. It is essential you get adequate iron. Iron and other minerals do not taste good. Therefore, many common over the counter brands leave these out to improve taste. Therefore, they will not meet your needs and can leave you deficient.

## Sleeve Gastrectomy/ Roux En Y Gastric Bypass

- 0-30 days post op  
– chewable bariatric multiple vitamin and mineral
- 30+ days post op  
– bariatric vitamin capsule
- 1200-1500 mg of calcium citrate per day in divided doses

## Lap Band

- 0-30 days post op  
– ½ dose bariatric chewable
- 30+ days post op – Lap Band specific vitamin **OR** 1 over the counter women's multiple vitamin
- 1200-1500 mg of calcium citrate per day in divided doses