

Annual Care for the Bariatric Surgery Patient



A quick-reference guide for nutrition, activity, vitamins, and lab monitoring after surgery



NUTRITION GOALS

- Eat about **1,000–1,200 calories** each day.
- Aim for **60–80 grams of protein** each day.
- Drink at least **64 oz or more** of water or zero-calorie beverages each day.
- Write down what you eat in a food journal or use an app to track your meals.



EXERCISE GOALS

- Aim for **30–60 minutes of cardio** (aerobic) exercise at least 5 days a week (about 200–300 minutes each week)
- Add in **strength** exercises 2–3 days a week.
- One month after surgery, there are usually no lifting or activity restrictions unless you are told otherwise.



VITAMIN SUPPLEMENTATION — TAKE FOR LIFE

Sleeve Gastrectomy & Gastric Bypass

- Take a **bariatric-specific multivitamin** with B12 and iron every day, as directed.
- If you take a regular multivitamin instead of a bariatric multivitamin, you will also need:
 - **Vitamin B12:** 350–500 mcg each morning (under your tongue or as a nasal spray) OR 1,000 mcg B12 shot once a month.
 - **Iron:** 45–60 mg ferrous sulfate each morning
- Also take: 500–600 mg Calcium Citrate, 2–3 times a day.
- Your healthcare team may also recommend taking extra Vitamin D
- If you are taking an over the counter multivitamin, you may need to take 2 per day.

SADI-S / SIPS

- Take a **bariatric-specific ADEK multivitamin** every day. Follow the directions on the bottle.
- Take one Vitamin B-50 complex each day.
- Take 500–600 mg Calcium Citrate, 3 times a day.
- If your multivitamin does not contain iron (ferrous sulfate), take 45–60 mg ferrous sulfate each day.



IMPORTANT VITAMIN REMINDERS!!

- **Do not take calcium and iron at the same time.** Wait at least 2 hours between them.
- Take **calcium citrate**, not calcium carbonate. Your body absorbs calcium citrate better after bariatric surgery.

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YEARLY LAB WORK

- Complete blood count (CBC)
- Comprehensive metabolic panel (CMP)
- Iron studies
- Ferritin
- Vitamin A
- Vitamin B1 (thiamin)
- Vitamin B12
- 25-hydroxy vitamin D
- Parathyroid hormone (PTH)
- Vitamin E
- Vitamin K
- Folate (Vitamin B9)
- Hemoglobin A1c (A1c)
- Lipid panel
- Zinc
- Copper



OTHER IMPORTANT REMINDERS

- If you had gastric bypass surgery, do not smoke, vape, or take NSAID pain medicines (such as ibuprofen or naproxen). These can cause stomach ulcers that can be very serious.
- Need help quitting tobacco? Call 1-800-QUIT-NOW (1-800-784-8669) or visit <https://main--mbsc-tobacco-resource-library.netlify.app>
- If you had sleeve gastrectomy or SADI/SIPS surgery, heartburn (acid reflux) may get worse over time. Your healthcare provider may recommend an upper endoscopy 3–5 years after surgery to check your stomach.
- Weight loss medicines (GLP-1 medications) may help after bariatric surgery, but they should only be used under the care of your healthcare provider.



HELP US IMPROVE BARIATRIC CARE!!

Please complete your annual **MBSC follow-up questionnaire**.

Scan the QR code or visit:
https://umich.qualtrics.com/jfe/form/SV_88rSj7XHxRGscHc



HAVE QUESTIONS ABOUT BARIATRIC SURGERY?

Find an MBSC practice near you.

Visit:
<https://www.mbscsurgery.org/mbsc-participating-sites>



You're not alone on this journey. We're here to support your health for life.

