

Bariatric Surgery Nutritional Supplements Information

Date: _____

Patient Name: _____

Address: _____

City, State, Zip: _____

Dear [Patient's Name],

Congratulations on your decision to undergo bariatric surgery! As part of your journey towards better health, it is essential to understand the role of nutritional supplements in your post-operative care. Below is important information regarding the supplements you will need to take.

Essential Nutritional Supplements

- **Multivitamin:** Daily multivitamin with minerals is crucial for overall health.
- **Calcium Citrate:** Important for bone health; recommended dosage is 1200-1500 mg per day.
- **Vitamin D:** Essential for calcium absorption; dosage may vary based on levels.
- **Vitamin B12:** Important for nerve function and blood cell production; usually given through injections or sublingual tablets.
- **Iron:** Necessary for preventing anemia; may require additional vitamin C for absorption.

Additional Recommendations

Ensure to keep hydrated and modify your diet following the post-operative guidelines provided by your healthcare team. Schedule regular follow-ups to monitor your progress and adjust your supplement regimen as necessary.

If you have any questions or need further assistance, please do not hesitate to reach out to our office.

Sincerely,

[Your Name]

[Your Title]

[Clinic/Hospital Name]

[Contact Information]