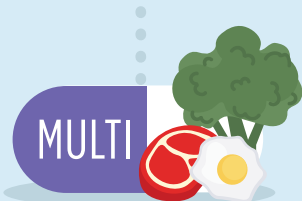


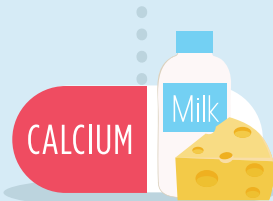
The Saint Alphonsus Metabolic and Bariatric Surgery Program helps patients achieve lasting weight loss and improved health, even curing obesity-related medical problems like diabetes, high blood pressure, high cholesterol, and sleep apnea. Here are some tips to help you care for your patients after surgery.



What vitamins should people take after bariatric surgery?



Multivitamin with Iron
2x Daily



Calcium 1000-1500 MG
Calcium Citrate Daily



Vitamin D3
3000-5000 IU Daily



Vitamin B12
350-500 MCG Daily

What additional labs should I check annually?



- Fat Soluble: A, D, E
- B Vitamins: B1, Folate, B12
- Iron Panel
- Consider PTH to Indirectly Measure Calcium
- Consider Zinc, Copper, Selenium in Cases of Malnutrition



Dan Prior, DO



Chris Reising, MD



Accredited as a "Comprehensive Center" by the American College of Surgeons, our team demonstrates a high-level of commitment to patient care, achieving excellent surgical weight loss outcomes while following comprehensive safety standards and protocols.