



Gebruik van multivitaminen en -mineralen na een bariatrische operatie - Engels

Use of multivitamins and minerals after bariatric surgery

Multivitamins and minerals

Post surgery, you may not be able to consume all the nutrients your body needs, and your body will also absorb various vitamins and minerals less efficiently for the rest of your life. That's why you should take a multivitamin and mineral supplement (tablet or capsule) every day for the rest of your life. It's important to choose a supplement that contains 100% of the recommended daily allowance (RDA) of vitamins and minerals, unless the doctor has made other arrangements with you regarding this.

Multivitamins and minerals specially designed to be taken after obesity surgery

These multivitamin and mineral supplements are specially made for people who've had obesity surgery. This supplement provides certain vitamins and minerals in larger quantities than the 100% daily recommended dose (RDA). These are the vitamins and minerals that we know you may not get enough of after undergoing obesity surgery. In this case, the amount may exceed 100%.

Examples of these multivitamins include:

- BariNutrics multi chewable tablet (one a day) or capsule (two a day) (available in the Spaarne Gasthuis pharmacy).
- WLS forte capsule (Fit for me, available to order online: www.fitforme.nl) (one a day)
- WLS Forte Chew Vitamin (one a day) with separate iron supplement (one a day).

Other options

You can also choose a multivitamin and mineral tablet that is not specifically designed to be taken after obesity surgery. Sometimes, you may need to take additional vitamins with these tablets. Your dietician or doctor will tell you whether this is necessary. Consult carefully with your dietician or doctor about which tablets you're taking. Be careful not to take too many vitamins and minerals. This can be harmful to your health. Examples of these multivitamin and mineral tablets include:

- Kruidvat A-Z complete (one tablet a day). The chewable tablets and coated tablets are **not** suitable, as they contain insufficient iron, among other things.
- Lucovitaal multivitamin 50+ effervescent tablet (one tablet a day), dissolved in 200 ml of water.

If you are taking another supplement, but are unsure whether it's appropriate, bring the supplement and (if necessary) the package with you to your appointment with the dietician.

Instructions for use

- Tablets are often pressed. We recommend crushing or finely grinding them first. This ensures that the vitamins and minerals can be better absorbed by your body. If you are unable to take these supplements crushed or finely ground, discuss this at the appointment with your dietician. In the meantime, make sure you take your supplement or choose one of the capsules or chewable tablets indicated in this leaflet.
- You do not need to crush a chewable or effervescent tablet first. With a effervescent tablet, make sure you don't leave the liquid standing for too long. Exposure to light or sunlight can cause certain vitamins to break down.
- You do not need to crush a capsule first; it will fall apart after a few minutes. Swallow these whole.
- Take the multivitamin and mineral supplement in the evening before bedtime or with hot meals. These supplements often contain little to no calcium.
- Do not eat or drink dairy products or take a calcium supplement (if you already take one) two hours before or after taking the multivitamin and mineral supplement. If this is not possible, discuss this with the dietician during the information session or telephone check-up.

Important information

- If your internist or your GP has given you supplementary vitamins, for example, vitamins D or B12, take the multivitamin and mineral supplement as well.
- Do not use any extra vitamins or supplements without your doctor's or dietician's knowledge and approval. Also, do not use hair loss products without prior consultation. When in doubt, you can always bring the product with you for the dietician to review.
- If you are taking blood thinners, your multivitamin supplement should not contain more than 100 micrograms (μg) of vitamin K per daily dose.

Questions

If you have any questions or would you like to book an appointment, please call: Baria Nederland, the leading clinical centre for bariatric surgery located at Spaarne Gasthuis on +31 (0)23 224 0230.

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