

**Bedfordshire, Luton and Milton Keynes  
Area Prescribing Committee (BLMK APC)**

**Vitamin and mineral supplementation post bariatric  
surgery**

**(December 2021)**

The attached Guidance sheet has been written to provide BLMK GPs with information regarding the vitamin and mineral preparations that are required post bariatric surgery. The table indicates which items should be purchased OTC and which ones require a prescription.



The following organisations contribute to and participate in the BLMK APC – Bedfordshire, Luton and Milton Keynes Clinical Commissioning Group; Bedfordshire Hospitals NHS Foundation Trust; Cambridgeshire Community Services NHS Trust; Central and North West London NHS Foundation Trust; East London NHS Foundation Trust; Milton Keynes University Hospital NHS Foundation Trust

## Vitamin and mineral supplementation for patients following gastric bypass and sleeve gastrectomy – A guide for primary care prescribing / OTC purchase.

Vitamins & Minerals recommended	Preparations	Duration of treatment	OTC / Rx
Multivitamins & minerals which Include; <ul style="list-style-type: none"> <li>• iron</li> <li>• selenium</li> <li>• 2 mg copper (minimum)</li> <li>• zinc (ratio of 8-15 mg zinc for each 1 mg copper)</li> <li>• Vitamins ADE&amp;K</li> <li>• Selenium</li> <li>• Thiamine</li> </ul> Pre-conception & pregnancy	Two daily of the following (as examples to ensure the correct intake); Asda A-Z multivitamins & minerals, Lloyds pharmacy A - Z multivitamins & minerals Sanatogen A - Z complete, Superdrug A - Z multivitamins & minerals, Tesco A-Z multivitamins & minerals  Or Forceval one daily capsule  Seven seas pregnancy, Pregnacare, Boots pregnancy support Forceval one OD capsule (safe to continue as vitamin A is in beta carotene form.)	Lifelong	OTC
Iron 45-60mg daily,  100mg for menstruating women	Ferrous fumarate 210mg OD / Ferrous sulfate 200mg OD  Ferrous fumarate 210mg BD / Ferrous sulfate 200mg BD	Lifelong	OTC
Vitamin B12	Hydroxocobalamin 1mg IM every 3 months	Lifelong	Rx
Calcium & Vitamin D Ensure good intake of calcium and vitamin D rich foods Treat & adjust based on National Osteoporosis Society guidelines. Many patients may require additional Vitamin D.	Calcium & Vitamin D preparation (at least 20mcg/ 800 units vitamin D per day.) Eg. Calcichew D3 forte 2 OD, Adcal D3 2 OD, TheiCal 100/880 1 OD.	Lifelong	Rx
<b>Additional items on discharge (requiring continuation post-op)</b>			
	Lansoprazole orodispersible 30mg daily	3 months, then stop	Rx
	Complan or Slim fast or Build up shake - 1 or 2 servings a day	Up to 8 weeks	OTC

Luton & Dunstable hospital rarely carry out duodenal switch operations. For these patients additional supplementation is required, as directed by the specialist.

### Reference

British Obesity & Metabolic Surgery Society (BOMSS) Guidelines on perioperative and postoperative biochemical monitoring and micronutrient replacement for patients undergoing bariatric surgery September 2014. Accessed via [BOMSS Guidelines on perioperative and postoperative biochemical monitoring and micronutrient replacement for patients undergoing bariatric surgery](#)