

Recommended Vitamin Schedule for Duodenal Switch

Name _____ DOB _____

Meal/ Snack	Time	Vitamin Schedule
Breakfast	_____ : _____	One Bariatric Advantage High ADEK Multivitamin capsule + 500 mg Calcium Citrate
Lunch	_____ : _____	500 mg Calcium Citrate
Dinner	_____ : _____	One Bariatric Advantage High ADEK Multivitamin capsule + 500 mg Calcium Citrate
Snack	_____ : _____	500 mg Calcium Citrate
Bedtime	_____ : _____	60 mg iron + C tablet <input type="checkbox"/> Five days a week (men/post-menopausal female) 60 mg iron + C tablet <input type="checkbox"/> Seven days a week (menstruating female) Do not take iron within two hours of any dairy products, calcium supplements, coffee or tea.
Vitamin B12		<input type="checkbox"/> 1,000 mcg (under the tongue) B12 every _____ (day of the week) <input type="checkbox"/> 1,000 mcg IM injection B12 once every month
Other		
Protein Needs		_____ g protein per day = _____ protein shakes per day
Calorie Needs		600–800 calories daily = your goal by one month post-op (first stage) 1200–1400 calories daily = your goal by one month post-op (second stage)

Physician signature _____ Date _____