ASMBS Guidelines for Duodenal Switch

Multivitamin:

Vitamin A: 10,000IU (3000mcg) per day

Vitamin D: 3,000IU (75mcg) per day

Vitamin E: 15mg per day

Vitamin K: 300mcg per day

Vitamin B1 (Thiamin): At least 12mg per day

Vitamin B12 (Cobalamin): 350-500IU oral per day or 1,000mcg IM per day

Folic Acid: 400-800mcg per day

Copper: 2mg per day

Zinc: 16-22mg per day

Calcium: 1,800-2,400 per day (take in divided doses, Calcium Citrate can be taken with or without meals)

Iron: 18-60mg per day (DO NOT take with Calcium)

Protein: Women: 80-100 grams per day Men: 100-120 grams per day

Fluids: At least 64oz per day

ASMBS Guidelines for Gastric Sleeve

Multivitamin:

Vitamin A: 5,000-10,000IU (1,500-3,000mcg) per day

Vitamin D: 3,000IU (75mcg) per day

Vitamin E: 15mg per day

Vitamin K: 90-120mcg per day

Vitamin B1 (Thiamin): At least 12mg per day

Vitamin B12 (Cobalamin): 350-500IU per day

Folic Acid: 400-800mcg per day

Copper: 1mg per day

Zinc: 8-11mg per day

Calcium: 1,200-1,500mg per day (take in divided doses, Calcium Citrate can be taken with or without meals)

Iron: 18-60mg per day (DO NOT take with Calcium)

Protein: Women: 65 grams per day Men: 80 grams per day

Fluids: At least 64oz per day

ASMBS Guidelines for Roux-En-Y/Bypass

Multivitamin:

Vitamin A: 5,000-10,000IU (1,500-3,000mcg) per day

Vitamin D: 3,000IU (75mcg) per day

Vitamin E: 15mg per day

Vitamin K: 90-120mcg per day

Vitamin B1 (Thiamin): At least 12mg per day

Vitamin B12 (Cobalamin): 350-1,000IU oral per day or 1,000mcg IM per day

Folic Acid: 400-800mcg per day

Copper: 2mg per day

Zinc: 8-22mg per day

Calcium: 1,200-1,500mg per day (take in divided doses, Calcium Citrate can be taken with or without meals)

Iron: 18-60mg per day (DO NOT take with Calcium)

Protein: Women: 65 grams per day Men: 80 grams per day

Fluids: At least 64oz per day