

Vitamin/Mineral Supplements for Pregnancy after Bariatric Surgery

Proposed Schedule

Time of Day	Supplementation
Breakfast	1x Prenatal Multivitamin + Folic Acid 400mcg + Vitamin B12 1000mcg every other day
Lunch	Calcium Citrate 600mg + Vitamin D 400IU (Please note that you may need additional vitamin D supplement)
Dinner	Calcium Citrate 600mg + Vitamin D 400IU
Bedtime	Iron (as recommended by your health care provider)

^{*} Please note that your vitamin and mineral supplements may change based on bloodwork review.

Prenatal Multivitamins - Take 1 pill daily, choose one of the following



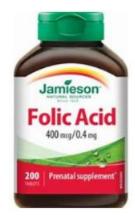
By the Registered Dietitians of the Toronto Western Hospital Bariatric Surgery Program (Updated 04/2024)

^{*}Avoid additional vitamin A supplements and retinol from skincare/cosmetic products

^{*}Please refer to high-risk pregnancy clinic for personalized recommendations



Folic Acid - Take 1 pill daily

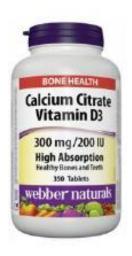


Vitamin B12 - Take 1000mcg every other day, choose one of the following

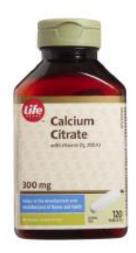




Calcium Citrate + Vitamin D - Take 2 pills two times daily, choose one of the following







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