Clinician Reference Sheet (Aug 2017 Guidelines)

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| **Supplements** | **Daily dose** |
| **Band** | **RYGB & SG** |
| Image result for forcevalImage result for holland and barrett abc plusImage result for sanatogen a-zImage result for lloyds pharmacy a-z multivitamins and mineralsImage result for Tesco a-z | **A-Z complete vitamin and mineral supplement**Forceval capsule (preference)Suitable alternatives:**Band -**Holland & Barrett ABC Plus. Other options but contain less folic acid: Sanatogen A-Z Complete; Tesco A-Z multivitamin and mineral; Lloyds Pharmacy A-Z Multivitamin and Minerals**Bypass & Sleeve -**Holland & Barrett ABC Plus;Sanatogen A-Z Complete;Tesco A-Z multivitamin and mineral; Lloyds Pharmacy A-Z Multivitamin and Minerals | Once a day | One, twice a day |
| Image result for adcal d3 forte | **Combined calcium and vitamin D supplement**Adcal D3 (preference)Suitable alternatives:Shops equivalent. | Adcal D3: One, twice a day Alternative: Dose to provide 1000mg & 20ug (800IU) vitamin D/day. |
| Image result for vitamin D3Image result for vitamin D3 bootsImage result for vitamin D3 asda | **Vitamin D (D3)**Widely available in shops, recommend 25ug (1000IU)/caplet | Dose to provide total of 50ug (2000IU) a dayi.e. 25ug (1000IU) twice a day |
| Image result for thiamine supplement holland and barrettImage result for thiamine supplement UK | **Thiamine (vitamin B1)**Recommended dose is 50mg/day but only widely available in shops in 100mg. So can split 100mg tablet and take ½ a day, take 100mg daily or take 100mg every other day.See note below re. increase dose if high risk. | 50-100mg a day for first 2 years\* |
| Image result for ferrous gluconate 325 mg  | **Iron**Ferrous Gluconate.Equivalent can be considered, advise pt to s/w GP/dietitian. | Not routine unless clinically indicted | 300mg once a day |
| Image result for B12 injectionImage result for B12 injection | **Vitamin B12**Hydroxocobalamin injection at GP surgery.*Oral or sublingual vitamin B12 supplements not recommended as no long term data.* | Not routine unless clinically indicted | 1mg injection every 3m, start 6m post op.*Still continue if blood tests normal.* |
| **PLANNING AND DURING PREGNANCY:** Changes required, refer to Trust Guidelines.**PROLONGED VOMITING/CONCERNS RE. ALCOHOL INTAKE:** In addition to above **1.** Thiamine, total of 200mg once a day (\*increase dose to 200mg if in first 24/12, restart if >12/12) **2.** Vitamin B Co Strong, one tablet, three times a day **3.** Refer to Bariatric Dietitian. |