

Dear Patient,

The members of The University of Chicago Center for the Surgical Treatment of Obesity look forward to helping you achieve the best possible outcome with your upcoming bariatric surgery. As discussed at the time of your initial evaluation, we routinely implement numerous precautions in an effort to achieve this goal, and we ask you to do the same. One such important step for you to take is to **immediately begin taking three vitamin supplements** that you will be taking for the rest of your life after your surgery. This is particularly important since we have found that **more than half of our patients have significant vitamin or nutrient deficiencies before even having surgery**, and because **the operations themselves will limit the amount of nutrition you take in and/or absorb, making any pre-existing deficiencies more difficult to correct**. Additionally, establishing a routine well before your surgery will make it that much easier to maintain afterwards. As such, **we require that you purchase and begin taking the following vitamin supplements upon receipt of this letter:**

- **Multivitamin** daily (your choice of the following:)
 - Bariatric Advantage, Costco Kirkland Signature, or Centrum
- **Citracal Caplets + D** two tablets, twice daily (800 IU vit D & 1260 mg calcium citrate) or **Bariatric Advantage calcium citrate with vitamin D** three tablets daily
- **Vitamin B-complex 50** daily

In addition to starting the vitamin supplements listed above, we require that our patients undergoing gastric bypass or duodenal switch purchase additional vitamins that are specially formulated for absorption following those operations. These specially formulated vitamins are known as “dry” or “water miscible”, are not available through prescription, and can be difficult to find over the counter. They include the following:

- **Vitamin D (cholecalciferol D₃) dry** 10,000 IU daily
- For DS patients only: **Vitamin A dry** 10,000 IU daily

We have found that the following are reliable sources for obtaining these required vitamins:

- www.vitalady.com (1- 866-848-2523)
- www.bariatricadvantage.com (1-800-898-6888)

It is **absolutely necessary** that you bring your vitamins with you on the day of consent and nutritional education. In addition, you must bring your vitamins to the hospital on the day of your surgery. **Failure to do so raises serious concerns** that you may not be ready for the significant changes required to be successful following surgery, and **your surgery date may be postponed or even cancelled if your vitamins are not brought in!**

We look forward to the opportunity to work together with you to have the best outcome possible with your upcoming bariatric surgery.

Sincerely,

The University of Chicago Center for the Surgical Treatment of Obesity