

## Prescribing of multivitamins and minerals is not supported post bariatric surgery unless for actual vitamin/mineral deficiency

**Thurrock CCG and Basildon and Brentwood CCG do not support the prescribing of multivitamins and minerals required post bariatric surgery unless indicated for actual vitamin/mineral deficiency. It is recommended that patients purchase an over the counter multivitamin and minerals tablet and take the appropriate dose depending on the type of surgery they have undergone.**

All bariatric procedures affect nutritional intake and some procedures may affect the absorption of macronutrients and / or micronutrients. Patients will be required to stay on lifelong nutritional supplements in addition to a balanced diet, and have lifelong monitoring of their nutritional status. It is important that compliance with supplements is checked regularly. The patient's bariatric centre should provide full details of the patient's nutritional monitoring requirements, and supplements needed. It is usual for the bariatric centre to provide the first 2 years of follow up before discharging care back to the GP.

### Recommendations

- A complete multivitamin and mineral supplement (containing iron, selenium, zinc and copper) is recommended lifelong after all bariatric procedures.
- It is recommended that patients purchase one of the over the counter multivitamin and multimineral tablets listed below and take 2 per day, or 1 per day following gastric balloon or gastric band procedures.
- Alternatively patients could purchase Forceval® capsules and take one daily.
- It is important to note that some multivitamin supplements that are routinely available may not contain sufficient amounts of certain vitamins, depending on the recommended doses, to counter the malabsorptive effects of bariatric surgery. In addition some do not contain additional, or contain insufficient amounts, of minerals and trace elements.
- For procedures other than gastric balloon or gastric band, a minimum of 2 mg of copper per day is advised. Although Forceval® contains 2 mg copper, many over the counter preparations contain 1 mg; therefore it may be necessary to recommend that patients take 2 tablets daily of multivitamin and mineral supplements. A ratio of 8-15 mg of zinc for each 1 mg copper should be maintained.
- Examples of brands of over the counter multivitamins and minerals which provide a suitable ratio of copper to zinc would include:

Brand name	Cost for 30 days <sup>+</sup>	Copper per tablet	Zinc per tablet	Vitamin D per tablet
<b>TAKE ONE DAILY</b>				
Forceval Capsules	£11.45 - £11.99*	2mg	15mg	10µg
<b>OR TAKE TWO DAILY (ONE DAILY FOLLOWING GASTRIC BALLOON OR GASTRIC BAND PROCEDURES)</b>				
Sainsbury's A-Z Multivitamins and Minerals	£2.33***	1mg	10mg	5µg
Tesco A-Z Multivitamins and Minerals	£2.33***	1mg	10mg	10µg
Lloyd's Pharmacy A-Z Multivitamins and Minerals	£3.86***	1mg	10mg	5µg
Morrisons A-Z Multivitamins and Minerals	£2.50**	1mg	10mg	5µg
Sanatogen A-Z Multivitamins and Minerals	£6.14 - 6.33***	1mg	15mg	4.5µg

<sup>+</sup>prices may be cheaper where multibuy offers can be obtained \* based on 30 per pack \*\* based on 60 per pack \*\*\* based on 90 per pack \*\*\*\* based on 120 per pack

## Vitamin B12

In addition to multivitamins and minerals, patients who have undergone gastric bypass will require 3 monthly intramuscular injections of vitamin B12. Patients who have undergone sleeve gastrectomy surgery or duodenal switch are usually recommended to have initial 3 monthly intramuscular injections of vitamin B12 but may need less frequent injections depending on blood results.

## Calcium and vitamin D

Patients who have undergone procedures other than gastric balloon or gastric band are likely to require a supplement giving 800mg calcium and 20µg vitamin D. Depending on the brand of multivitamin and mineral taken, vitamin D requirements may be met via this route. The following supplements could be purchased:

Brand name	Cost for 30 days <sup>+</sup>	Calcium per tablet	Vitamin D per tablet
Sainsbury's calcium and vitamin D	£1.10**	800mg	5µg
Tesco calcium and vitamin D	£0.75***	400mg	2.5µg
Morrisons calcium and vitamin D	£0.63****	800mg	5µg
Lloyd's pharmacy calcium and vitamin D	£1.50**	800mg	5µg

## When to request specialist biochemical / nutritional advice or to refer your patient

Diagnosis and management of micronutrient deficiency syndrome can be complex and so when in doubt it is recommended that specialist advice is sought. The following are examples of situations where this is appropriate:

1. Newly identified biochemical deficiency, where there is differential diagnosis (there can be causes other than previous bariatric surgery) or its appropriate investigation and treatment are uncertain.
2. Unexplained symptoms that may be indicative of underlying micronutrient / trace element deficiencies.
3. Women who have undergone previous gastric bypass, sleeve gastrectomy or duodenal switch surgery and who are planning to become pregnant or who are pregnant.

Providers commissioned to provide services on behalf of Thurrock CCG and Basildon and Brentwood CCG are reminded that they are required to follow the local joint formulary and prescribing guidance, or relevant Medicines Management agreement.

<b>Position Statement No.</b>	25
<b>Title</b>	Prescribing of multivitamins and minerals is not supported post bariatric surgery unless for actual vitamin/mineral deficiency
<b>References</b>	<p>BOMSS Guidelines on peri-operative and post-operative biochemical monitoring and micronutrient replacement for patients undergoing bariatric surgery. September 2014 <a href="http://www.bomss.org.uk/wp-content/uploads/2014/09/BOMSS-guidelines-Final-version1Oct14.pdf">http://www.bomss.org.uk/wp-content/uploads/2014/09/BOMSS-guidelines-Final-version1Oct14.pdf</a></p> <p>BOMSS GP Guidance: management of nutrition following bariatric surgery. Aug 2014 <a href="http://www.bomss.org.uk/wp-content/uploads/2014/09/GP_Guidance-Final-version-1Oct141.pdf">http://www.bomss.org.uk/wp-content/uploads/2014/09/GP_Guidance-Final-version-1Oct141.pdf</a></p> <p>Policy Statement: Prescribing of vitamins and minerals is not supported unless for actual vitamin/mineral deficiency</p> <p>Vitamin D Guidance January 2017</p> <p>Policy for the prescribing of vitamin D low doses 2017</p>
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