

Vitamin/Mineral Supplementation After Roux-En-Y Gastric Bypass Surgery

Post-Test

1. Vitamin/Mineral supplementation post-surgery is only important during the weight loss phase?
 - a. True
 - b. False

2. Chewable, liquid or powdered vitamin/minerals are recommended for the first 3 months after surgery for better tolerance and absorption?
 - a. True
 - b. False

3. Which form of calcium supplement is appropriate for post-surgery supplementation?
 - a. Calcium Citrate
 - b. Calcium Carbonate

4. The recommended daily intake of calcium from supplementation and food is?
 - a. 500 – 1,000 mg per day
 - b. 1,200 – 1,500 mg per day
 - c. 1,500 – 2,000 mg per day
 - d. Greater than 2,000 mg per day

5. The recommended daily dose of Optifast vitamin/mineral supplement is:

- a. 1 tablet per day
- b. 2 tablets per day
- c. 3 tablets per day
- d. 4 tablets per day

6. If you choose **Option 2: CelebrateONE 45 multivitamin** for supplementation after bariatric surgery, NO additional vitamin/mineral supplementation will be required?

- a. True
- b. False