

**McLaren Print System Order**

Order No: 43734  
Order Date: 2019-03-20  
User: Denise Maginity  
Phone: 810-342-5470

Ship Location: BARIATRIC & METABOLIC INSTITUTE/BEECH HILL CENTRE  
G-3200 Beecher Road, MBI  
Flint, MI 48532

Brochures  
Quantity: 200  
Paragon Dept No: 36810  
Dept Name: BARIATRIC & METABOLIC INSTITUTE  
Company Number: 60

Order Total Price: 34.00

Item Number: M-31021  
Item Description: Forever Rules Following Gastric Bypass Surgery  
Revision Date: 3/2017  
Print:  
Paper:  
Size:  
Fold:  
Finish:  
Drill:  
Misc Info: ss; 100# cover; color finished size 4x8.5



**Forever Rules**  
**Following Gastric Bypass Surgery**

**Vitamins are Lifelong**

- ☑ Multivitamin
- ☑ Calcium Citrate 1,500 mg to 2,000 mg total
- ☑ B12 500 mcg
- ☑ Ferrous Sulfate 325mg (Iron supplement may be needed)

**Avoid NSAIDS** (Motrin, Ibuprofen, Aleve, Naproxen, and etc.)

**No long-acting or extended-release medications** (ER or XL) Review these medications with primary care provider to be certain.

Continue **regular follow-up visits** and have labs drawn.

Make sure to get **60 gm of protein daily** or more.

Attend Support Groups.

**No smoking.**



**Spec Info:**

