

**McLaren Print System Order**

**Order No: 63085**  
**Order Date: 2021-06-17**  
**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: 300**  
**Paragon Dept No: 36810**  
**Dept Name: BARIATRIC & METABOLIC INSTITUTE**  
**Company Number: 60**

**Order Total Price: 40.50**

**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:**

