

Planning for a Healthy Pregnancy after Bariatric Surgery

Regular prenatal care is essential so you can have a healthy baby after bariatric surgery. It is very important to keep in touch with your obstetrician, surgeon, and dietitian during your pregnancy.

Weight Gain

Appropriate weight gain is important for a healthy pregnancy. Your OB-GYN and bariatric team can help determine the amount of weight gain that is appropriate for you. The table below gives you an estimate of how much weight you should plan on gaining.

| | |
|---------------|-----------|
| BMI <18.5 | 28-40 lbs |
| BMI 18.5-24.9 | 25-35 lbs |
| BMI 25-29.9 | 15-25 lbs |
| BMI >30 | 11-20 lbs |

Nutrition for You and Your Baby

Calories

You do not need to increase your calorie intake during the 1st trimester.

In the 2nd and 3rd trimesters, add up to 300 calories per day to promote desired weight gain.

Protein – Aim for at least 75 grams of protein daily

Adequate protein intake is important to support the tissues and cells of the growing baby. Try to include protein at each meal and snack. See page 21 in our [nutrition guidelines book](#) for ideas.

To stay healthy during pregnancy, pay attention to these additional guidelines:

- Avoid raw or undercooked seafood, meat, and eggs. Do not eat cold deli meats, instead, heat all deli meats until they are steaming hot. Do not eat raw-sushi/sashimi fish or seafood.
- Fish – Eat no more than 12 ounces of cooked fish per week. Limit white (albacore) tuna to 6 ounces per week. Avoid shark, swordfish, king mackerel, and tilefish due to high levels of mercury and other minerals that may be harmful during pregnancy.
- Cheese – Avoid unpasteurized cheeses: including brie, camembert, roquefort, feta, gorgonzola, and Mexican-style cheeses such as queso blanco and queso fresco.

Carbohydrates

Your body needs carbohydrates to help your baby develop. The healthiest carbohydrates come from fruits, vegetables, beans, whole grains, and low-fat dairy foods. Limit added sugars like sugar-sweetened beverages and candy.

Fluids – Aim for at least 64 ounces per day during pregnancy

Sip fluids constantly throughout the day to stay hydrated.

Caffeine – Limit 200 mg or less per day during pregnancy (about 10 oz regular coffee)

Caffeine intake during pregnancy is linked to low-birth weight babies, increasing risk of premature labor, health risks later in life and other concerns.

Artificial Sweeteners

Some artificial sweeteners are considered safe during pregnancy. If you choose to include them in your diet, here are some guidelines:

| <u>Considered Safe:</u> | <u>Limit to 1-2 servings daily:</u> | <u>Avoid during pregnancy:</u> |
|--|-------------------------------------|--------------------------------|
| Splenda (Sucralose) Truvia, Sweet Leaf (Stevia) | NutraSweet/Equal (aspartame) | Sweet'N Low (saccharin) |

Glucose Tolerance

Gestational diabetes is a type of diabetes that may occur during pregnancy. It is usually tested for at 28 weeks of pregnancy, which requires drinking a sweet drink with glucose. Many people who have had gastric bypass or other weight loss surgeries are unable to tolerate this drink due to risk of dumping syndrome. Please talk to your doctor about other tests, such as a Capillary Blood Glucose or Continuous Glucose monitoring test between 24-28 weeks gestation are appropriate for you.

Vitamin and Mineral Supplementation

After weight loss surgery and during pregnancy, it is important to take the right vitamin and mineral supplements. Your physician will test your blood to check for any deficiencies.

Unless otherwise directed by your physician, please be sure your vitamin routine contains the following nutrients: *(See our shopping guide below for vitamin suggestions).*




| | |
|-----------------|--|
| Calcium Citrate | 1200-1500 mg per day (500 – 600 mg per dose, 2-3 doses per day) |
| Folate | 600 mcg DFE from vitamins; may get additional from foods |
| Iron | At least 36 mg daily (may require up to 60 mg or more per lab results); many prenatal vitamins contain 27mg iron; you may need additional supplementation OR can get from diet. Talk to your dietitian about dietary sources. |
| Vitamin B12 | 350 -500 mcg vitamin B12 daily |
| Vitamin A | No more than 3000 mcg vitamin A from “retinol” form in supplements. Supplements containing beta carotene source of Vitamin A are preferred when possible. Okay to get additional from food sources |
| Choline | 450 mg daily (most prenatal vitamins do not contain choline). May get from separate supplementation and food. Food sources include: 3 oz salmon (~185 mg), 1 egg (~150 mg choline), 3 oz beef (~115 mg), 3 oz chicken (~75mg). |
| DHA | 300mg (DHA can be found from two 3-ounce servings of fish per week), or through supplementation; some prenatal vitamins have DHA included. |
| Iodine | 220 mg per day. You can get about 45 mg of iodine from ¼ teaspoon of iodized salt. Note, sea salt is not iodized, make sure your table salt says “iodized”. You may need additional iodine from supplementation |

Vitamin Shopping Guide

Use this guide to help you select vitamins. The options on this guide meet many of the needs above but you may need more supplementation or diet changes to ensure adequate intake. Talk to your OB/midwife and dietitian if you have more questions.

Cost considerations: Many prenatal vitamins can be covered by insurance, however they may not contain all your bariatric vitamin needs as well. The selections below are more complete for both pregnancy and post-weight loss surgery. Vitamins are eligible for reimbursement from many FSA/HSA accounts.

Multivitamin Options




| NAME | DOSE | WHERE TO BUY | AVERAGE COST | ADDITIONAL SUPPLEMENTS NEEDED |
|---|-------------------|---|--------------|---|
| ProCare Health Prenatal Bariatric Multi  | 2 tablets per day | procarenow.com/ or store.bariatricpal.com | \$12/ month | <input type="checkbox"/> 300mg DHA <input type="checkbox"/> >250 mg choline <input type="checkbox"/> 1200-1500 mg calcium |
| Nature Made Prenatal Multi with DHA  | 1 tablet per day | CVS, Walgreens, Walmart, Target, Amazon.com | \$7/month | <input type="checkbox"/> 500 mcg B12 <input type="checkbox"/> >250 mg choline <input type="checkbox"/> 1200-1500 mg calcium |
| One-A-Day Women's Prenatal Multi with DHA  | 1 tablet per day | CVS, Walgreens, Walmart, Target, Amazon.com | \$20/ month | <input type="checkbox"/> 500 mcg B12 <input type="checkbox"/> >250 mg choline <input type="checkbox"/> 1200-1500 mg calcium |

Additional Supplements (if needed)

Please note, brands listed are just suggestions

| NAME | DOSE | WHERE TO BUY | AVERAGE COST |
|--|--------------------------------------|---|--------------|
| Omega-3 Fish Oil (DHA) Nature Made  | 1200mg fish oil (provides 240mg DHA) | CVS, Walgreens, Walmart, Target, Amazon.com | \$5/ month |
| Choline Now Foods Choline & Inositol Solgar Choline 350 mg  | >250mg | Amazon.com iherb.com | \$10/month |
| Iron Nature's Bounty 65mg Vitron C 65mg  Lifeable Gummy 20mg  | 20-65mg | CVS, Walgreens, Walmart, Target, Amazon.com | \$2-10/month |
| B12 Nature Made  | 500mcg | CVS, Walgreens, Walmart, Target, Amazon.com | \$1.25/month |

Calcium Options*

| NAME | DOSE | WHERE TO BUY | AVERAGE COST |
|--|--|---|--|
| <u>Bariatric Advantage Chewy Bites</u>  | <p style="text-align: center;">1 chew three times per day (1500 mg total)</p> | <p style="text-align: center;"><u>bariatricadvantage.com</u> or By Phone 1-800-898-6888</p> | <p style="text-align: center;">\$34/ month <i>Use code "BWHC" on main page for 15% off</i></p> |
| <u>Citracal Calcium D3 Maximum</u>  | <p style="text-align: center;">2 caplets two times daily (1260mg total)</p> | <p style="text-align: center;">CVS, Walgreens, Walmart, Target, Amazon.com, grocery stores</p> | <p style="text-align: center;">\$12.49/ month</p> |
| <u>Citracal Calcium Citrate + D3 Petites</u>  | <p style="text-align: center;">3 tablets two times per day (1200 mg total)</p> | <p style="text-align: center;">CVS, Walgreens, Walmart, Target, Amazon.com, grocery stores</p> | <p style="text-align: center;">\$10.18/month</p> |

**Calcium should be separated from Multivitamin and Iron supplement by 2 hours. Separate each dose of calcium by at least 4 hours.*