

We are not medical professionals and the following should not be considered medical advice. This is offered for your consideration and to aid in discussions with your medical professional.

For pre-ops or those who just wish to lose a few lbs.

One 30g protein supplement (made with powder + water) per day for 3 days or so, then move up to 2 drinks, then 3 if you have time, then 4 for a total of 120g.

One complete multi vitamin/mineral, such as Centrum + 1500 mg calcium citrate w/D + 5,000 IU vitamin D3.

* One polysaccharide iron OR 6 Tender Iron + *vitamin C, but not more than 4000mg of C a day.

* Iron is taken with vitamin C only. No dairy, caffeine, egg or whole grain foods. No other vitamins, minerals or meds. For an intact person, the space between is 2 hours. For a person with a shortened gut, 1 hour either side is fine. I like to see iron taken with a fruit or veggie to line the pouch/stomach and to generate some friendly acid for the iron.

If revising or prepping for plastics.

One 30g protein supplement (made with powder + water) per day for 3 days or so then move on up to 180g or 6 drinks of 30g each.

One complete multi vitamin/mineral, such as Centrum + 1500 mg calcium citrate w/D + 5,000 IU vitamin D3.

One additional vitamin C, but not more than 4000mg of C a day.

* One polysaccharide iron OR 6 Tender Iron + *vitamin C, but not more than 4000mg of C a day.

* Iron is taken with vitamin C only. No dairy, caffeine, egg or whole grain foods. No other vitamins, minerals or meds. For an intact person, the space between is 2 hours. For a person with a shortened gut, 1 hour either side is fine. I like to see iron taken with a fruit or veggie to line the pouch/stomach and to generate some friendly acid for the iron.

BUT first, collect the FIRST copy of your labs and see if there are any trouble spots. Iron is often below mid-range, and B12 isn't ALWAYS high, for example. (Let me know if you need a copy of the labs to run). Then, of course, you can start your file and collect your labs for life. You'll want to add your op-report as soon as you get it.

Other helpful things.

Also do 10 ankle wiggles per hour. That's pulling your toes up, pushing them back down, wiggle left, wiggle right and repeat. Short on time? Up, down, repeat.

Take 10 deep breaths. Remember to get a really deep breath, get your lungs really empty first. Exhale completely, then slowly inhale and feel your lungs expand. Ten per hour is the goal, but at first, even 3 per hour is an effort. It's ok to leave space between them.

If you are not revising or preparing for surgery, there is nothing harmful here. I might add vit E to that regimen for heart health. As much as 800IU is considered safe for the general public. Some docs might tell you to discontinue vitamin E a short time before surgery, so this suggestion is for the many months you might have to wait.

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