

# Patient Contract

## Vitamin and Protein Supplements

\_\_\_\_\_ 1. I understand that Roux-en-Y Gastric Bypass is both malabsorptive and restrictive; if I do not take the recommended vitamin/mineral supplements, I may develop vitamin/mineral deficiencies.

\_\_\_\_\_ 2. I understand that my bariatric surgery team may ask me to keep a food journal/diary to help assess nutritional problems, protein/vitamin intake or disordered eating behavior.

\_\_\_\_\_ 3. I can expect nutritional lab work done at least annually for the rest of my life, and it is my responsibility to have this done as directed.

\_\_\_\_\_ 4. I understand the importance of a balanced diet including protein which promotes satiety (fullness) and protects muscle mass during active weight loss.

\_\_\_\_\_ 5. I agree to take the recommended vitamin/mineral supplementation regimen recommended by my team which typically includes: multivitamin, vitamin B12, calcium citrate, vitamin D, (and others as indicated by deficiencies found on my lab work).

\_\_\_\_\_ 6. I agree to work on eating habits/behaviors before surgery to optimize my weight loss and nutrition, and will need to pay attention to my eating habits/behaviors for life.

\_\_\_\_\_ 7. If my lab work shows vitamin/mineral deficiencies before surgery, I may need to repeat these levels before having surgery to optimize my health.

\_\_\_\_\_ 8. It is my responsibility to ask questions when I am uncertain about vitamins and protein supplements.

\_\_\_\_\_ 9. I understand that if I fail to accept my responsibility for care as directed by the team, I could be terminated from their care.

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Time*

\_\_\_\_\_  
*Signature of Patient or Authorized Representative*

- The Patient/Authorized Representative has read the entire form or had it read to him/her.
- The Patient/Authorized Representative has express understanding of this form.
- The Patient/Authorized Representative has no further questions.

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Time*

\_\_\_\_\_  
*Witness Signature*