

## **Calcium and Vitamin D3 Supplementation**

All patients having a spinal fusion should take an over-the-counter calcium and vitamin D3 supplement three times a day with meals prior to surgery, and continue for three months after surgery, or longer if desired. Depending on your pre-op vitamin D level, we may require that you take an additional vitamin D3 supplement.

Below are the over-the-counter supplements recommended:

- Caltrate 600 + D3, 1 tablet, three times a day with meals
- or a generic supplement containing at least calcium 600-mg and vitamin D3 400-IU, three times a day with meals
- or a total of 1800-mg of calcium and 1200-IU of vitamin D3 per day