

Calcium and Vitamin D3 Supplementation

All patients having a spinal fusion should take an over the counter calcium and vitamin D3 supplement everyday with meals prior to surgery, and continue for six months after surgery, then discuss with your primary care physician if ongoing supplementation is appropriate for you. Depending on your pre-op vitamin D level, we may require that you take a prescription vitamin D3 supplement instead. If you have a history of kidney disease or kidney stones, please talk to your primary care physician regarding adjusting calcium dose before starting supplementation.

Below are the over the counter supplements recommended:

- Vitamin D3 2000 IU TWICE daily
- Caltrate + Vitamin D3 – 1 tablet daily (calcium 600mg & vitamin D3 400 IU)