

Shopping List

Here is a list of items you will need to buy to prepare for your weight loss surgery.

You will need these items before surgery

- clear liquids such as water, clear broth or bouillon, Crystal Light[®], sugar-free Jell-O[®], decaffeinated, unsweetened coffee or tea, sugar-free fruit juices without pulp such as apple or white grape

You will need these items after surgery

- chewable multivitamin, such as Centrum[®] Chewables or Flintstones Complete[®]
- vitamin B-12, 1000 mcg (It needs to say “sublingual” or “SL” on the bottle.)
- Citracal[®] or another calcium citrate supplement
- vitamin D₃, 5000 IU (pill or capsule)
- oral thermometer
- acetaminophen (such as Tylenol[®])
- protein shaker with mix screen insert
- high-protein supplements (powder or ready-to-drink)

You may want these items after surgery

- milk of magnesia (over-the-counter laxative)
- blender
- immersion blender
- measuring cups
- baby or toddler spoons
- “before” photos and measurements