

# 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, broth or bouillon, sugar-free drink mixes (such as Crystal Light® or sugar-free Kool-Aid®), sugar-free gelatin, unsweetened tea or coffee

## You will need these items after surgery

- chewable multivitamin (Examples include Equate™ Children's Chewable Complete Multivitamin or Up & Up™ Kids' Multivitamin 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® (tablet)  
Do not take liquid acetaminophen. It has sugar and may cause discomfort.
- milk of magnesia (over-the-counter laxative)
- Gas-X®
- protein shaker with mix screen insert
- high-protein supplements (powder or ready-to-drink)

## You may want these items after surgery

- blender
- immersion blender
- measuring cups
- baby or toddler spoons
- "before" photos and measurements