

Presurgery Shopping List

As soon as you have decided to have bariatric surgery, buy the following items:

- Pedometer or accelerometer
- Calorie book
- Journal
- Measuring cups, measuring spoons, and a food scale
- Multivitamins with iron*

Two weeks prior to surgery, be sure that you have the following:

- Protein supplements
- Sugar-free syrups or flavored extracts for protein drinks
- Blender or shaker for protein drinks
- Fine mesh strainer
- Sippy cup or 1-ounce medicine cups
- Baby spoon
- Timer
- Pill cutter
- Chewable multivitamin with iron*
- Liquid or chewable calcium citrate with vitamin D*
- Vitamin B-12 in 350 to 500 mcg doses* (not for adjustable gastric banding [AGB])
- Ice cubes trays for portioning blended foods
- Suggested books and materials from the Recommended Reading handout

A few days before surgery, have on hand:

- Sugar-free ice pops (e.g., sugar-free Popsicles)
- Herbal tea and caffeine-free tea
- Lemons or limes
- Fat-free (skim) milk
- Powdered nonfat milk
- Pea or lentil soup
- Sugar-free puddings
- Sugar-free, fat-free yogurts
- Sugar-free gelatin
- Broth
- Sugar-free, noncarbonated flavored drinks (e.g., Crystal Light, Wyler's Light)
- Sugar-free electrolyte replacements or zero-calorie sport drinks (e.g., Powerade Zero)



Highlighted items for Stage 3/Soft foods Diet ONLY

C.A.L., RD

*Refer to your vitamin and mineral handout for specific information on vitamin and mineral supplements required for your weight-loss surgery.