



ADIRONDACK MEDICAL CENTER
BARIATRIC CENTER
A Comprehensive Program for Obesity Control and Prevention

What Do I Need at Home After Surgery?

It will be helpful for you to have the following items at home before your surgery.

Supplements:

- Chewable Multivitamins with minerals (ie. Centrum). You will need one month supply (60).
- Vitamin B12 (500 mcg daily)
- Ferrous Gluconate (one tablet three times a day)
- Tums (you will need to chew 6 per day the first month, then we will switch you to calcium citrate with D (630 mg twice a day).

Make sure you have an adequate supply of your prescription medications. However, some of your prescription medications may change post-op. Check with your doctor before you are discharged from the hospital.

Food:

- Diet puddings and jello
- Cream Soup
- Skim Milk: Buy the premium brands if you can-it tastes better.
- Powdered skim milk (can be added to soups and milk for extra protein)
- Diet Carnation Instant Breakfast (no sugar added)
- Protein Powder
- High Protein Drinks such as Glucerna
- Bariatrix Products
- Popsicles (Sugar Free)

Equipment:

- Food Processor or powerful blender
- Strainer (to strain soups, etc...)