

## What You Need Before Returning Home from the Hospital

### Patient Shopping List

From the supermarket, we recommend that you have on hand:

- Clear broth (we suggest broth sold in resealable boxes, allowing leftovers to be easily stored for later use)
- Sugar-free Jell-O\*
- Cream soups, like Campbell's Cream of Chicken and Cream of Mushroom (for week two following surgery)
- Cream of wheat (for week two following surgery)
- Skim milk. Try Skim Plus or Skinny Cow brands, which are creamier and have more nutrients than plain skim milk. Use skim milk, Skim Plus or Skinny Cow to mix with cream soups and cream of wheat for week two following surgery.
- Sugar-free, non-carbonated beverages (such as Crystal Light and 4C)
- A bariatric vitamin formula (buy chewable, spray or liquid vitamins – not capsules that are swallowed whole)

\*(If you can't have NutraSweet/aspartame, you can make your own flavored gelatin by mixing plain gelatin with unsweetened Kool-Aid and Splenda – or plain gelatin and 4C brand drink mix flavored with Splenda. If you like Isopure protein drinks, try substituting them for water for a protein boost.)

If you have back problems, you may want to consider buying a wedge pillow to use at home in bed. You can buy these pillows at medical supply stores. While in the hospital, try sleeping in the reclining chair in your room to ease back pain. Use this checklist to help make sure you have everything you need when you come to the hospital. These basic supplies will make your stay more comfortable and help with your recovery.