

## **Planning for Bariatric (Weight Loss) Surgery Prices for Vitamins, Minerals and Supplements**

Patients in this program have advised us that they were not aware of the many hidden costs of having gastric bypass surgery. Hidden costs are costs that you as a patient pay for.

This is a sample list of products you need to buy before and after surgery. The list will give you a general idea of the extra expenses to plan for. It does not promote any one product or vendor (seller). You can go to any store or pharmacy to get your supplies.

Prices vary according to the place you buy them. Shop around and look for sales. Be aware of expiration dates if you plan to buy in quantity.

### **OPTIFAST (liquid nutrition):**

- **You must take this before surgery.**
- You get this product from St. Joseph's Pharmacy on the first floor for \$45.99 for 1 case. This is the total cost with taxes. This price may change.
- Each case contains 14 packages. You need to take 4 packages a day which amounts to 2 cases a week.

### **Vitamins – Pre-Natal Vitamins:**

- You take 1 pre-natal vitamin each day.
- Plan to spend \$3.00 to \$8.00 a month on this.

### **Calcium Citrate with Vitamin D:**

- You begin taking 2 a day.
- Plan to spend \$10.00 to \$20.00 a month on this.
- Liquid products are also available.

**Please turn over →**

## **Supplements – Liquid Protein:**

You begin having 3 a day for at least 4 weeks after surgery.

Make sure you check expiration dates when you buy these products.

- Boost Diabetic - \$11.00 to \$15.00 for 6 bottles
- Carnation Instant Breakfast - No Sugar Added - \$9.00 to \$12.00 for 4

**Most stores and pharmacies where you buy these products will place special orders for you to buy a case of product – often at a lower price. Talk to the manager to see if you can get a better deal.**