

FLUID INTAKE AFTER WEIGHT LOSS SURGERY

GOAL: AT LEAST 48-64 OUNCES (6-8 CUPS) A DAY

Choose:

- **Water is Best**
- sugar-free fluids
 - flavored with non-nutritive sweetener (Less than 5 calories per serving): Stevia, Splenda®, Truvia®, Equal®, Sweet and Low®
- SoBe® Lifewater, zero calories
- Crystal Light®
- Powerade Zero™, Propel®
- decaffeinated tea or coffee

Avoid:

- caffeine
- carbonated beverages (fluids with bubbles like soda and sparkling water)
- sugar-containing beverages like iced teas, juices, and smoothies
- using straws

BEFORE SURGERY

- Practice separating fluids from solids by 30 minutes before and after a meal.
- Practice sipping fluids without gulping.
- Measure fluid intake and meet fluid goals daily.
- Download smartphone app to help you remember to drink and keep track of your intake.

AFTER SURGERY

- Measure all fluids. Sip 1-2 ounces of fluids over 15 minutes. Your daily goal should be 4-8 ounces of fluids in one hour for a total of 48-64 ounces over 6-12 hours.
- Some people experience taste changes after surgery. Try a variety of fluids and select the ones you tolerate the best to help keep you hydrated.
- Fluids should not contain calories except for protein shakes, which will also count towards fluid goals on the liquid diet.
- Do not use straws. Using straws can cause you to swallow air, which may cause abdominal gas pain and discomfort.
- Consume decaffeinated liquids for the first three months after surgery. Once you are able to maintain adequate hydration and can take at least 64 ounces of fluids daily, caffeine may be resumed in limited amounts.
- **Sip fluids. Do not drink too quickly or gulp. Drinking too quickly or drinking too much at one time may cause pain and discomfort after bariatric surgery.**
- **Continue to separate fluids from solids by 30 minutes before and after a meal.**