

## FLUIDS CHECKLIST AFTER WEIGHT-LOSS SURGERY

Use this checklist in the hospital, and when you get home after surgery, to help you keep track of fluids consumed and to help prevent dehydration.

### Day of Surgery

\_\_\_ nothing by mouth or

\_\_\_ sips of sugar-free, clear liquids (starting with ice chips, water, Crystal Light®, decaffeinated/herbal tea, broth). Avoid carbonation/bubbles and caffeine. Do not use straws.

- ✓ Goal: Have 1 ounce (30 ml) every hour, at least 12 ounces (360 ml) the day of surgery.
- ✓ Track fluid intake. Check off a container every time you drink 1 ounce (**ask your nurse for a medicine cup, which contains 1 ounce or 30 ml**).

 = 12 ounces (360 ml)

### Day 1 after Surgery

\_\_\_ sips of sugar-free, clear liquids (ice chips, water, Crystal Light®, decaffeinated tea/coffee, broth, sugar-free popsicles, sugar-free gelatin). Avoid carbonation/bubbles and caffeine. Do not use straws.

- ✓ Goal: Have 1 ounce (30 ml) every 15 minutes, i.e., at least 4 ounces (120 ml) every hour for a total of at least 24 ounces (720 ml) a day.
- ✓ Track fluid intake: Check off a container every time you drink 1 ounce (use a medicine cup, which contains 1 ounce or 30 ml).

 = 12 ounces (360 ml)

 = 12 ounces (360 ml)

### Day 2 after Surgery

\_\_\_ sips of sugar-free, clear liquids (ice chips, water, Crystal Light®, decaffeinated tea/coffee, broth, sugar-free popsicles, sugar-free gelatin). Avoid carbonation/bubbles and caffeine. Do not use straws.

- ✓ Goal: Have 2 ounces (60 ml) every 15 minutes, i.e., at least 8 ounces (240 ml) every hour for a total of at least 48 ounces (1440 ml) a day.
- ✓ Track fluid intake. Check off a container every time you drink 1 ounce (use a medicine cup, which contains 1 ounce or 30 ml)

 = 12 ounces (360 ml)

 = 12 ounces (360 ml)

 = 12 ounces (360 ml)

 = 12 ounces (360 ml)

### Day 3 and Beyond after Surgery

- Add high protein supplements and full liquids, which will count as part of your fluid goals.
- Continue to track fluids as above.
- Goal: 2 ounces (60 ml) every 15 minutes, at least 8 ounces (240 ml) every hour for a total of at least 48 ounces (1440 ml) a day
- Increase fluids as tolerated, total fluid goals: at least 48-64 ounces per day
- **IF UNABLE TO MEET MINIMAL FLUID GOALS (48 OUNCES A DAY) CONTACT YOUR SURGEON IMMEDIATELY.**