

Bariatric Hydrating Liquids: 2–3 Weeks After Surgery



Drinking your hydrating liquids after bariatric surgery is very important in order to avoid dehydration, protect kidney function, and avoid nausea.

Daily Goal

Hydrating liquids are the most important nutrient of your day. Slowly sip 60 ounces. This is:

- 4 bottles that are 15 ounces each
- Or 2 bottles that are 30 ounces (about 1 liter)
- Or an 8-ounce cup, 8 times a day

Remember to drink **slowly**: Take 1 full hour to sip 8 ounces, 8 times a day.

Why do I need to drink so much?

- Dehydration can cause nausea, muscle pain, leg cramps, headache, poor sleep, and dizziness when standing up.
 - Read more about dehydration symptoms on page 71 of your Weight Loss and Metabolic Surgery Guidebook.
- Staying hydrated may improve weight loss, help with constipation, and reduce joint pain.
- If you cannot drink at least 48 ounces each day for 2 days in a row, call 206.598.2274.

About Hydrating Liquids

- Hydrating liquids do **not** have sugar, caffeine, or protein.
- Water with electrolytes or alkaline drops is easier to drink, and better than plain water.
- For more ideas, see the handout, “Hydrating Liquids.”

How and When to Sip

- **Slowly** sip all hydrating liquids between your liquid protein meals.
- **Wait 30 minutes before and 30 minutes after** each liquid protein meal to sip on hydrating liquids.
- To help with pain, avoid using straws or gulping, even if your mouth is dry.
- If it hurts to drink cold water, try drinking room-temperature water.
- You are drinking enough if you do not have any headaches, muscle cramping, or nausea.



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this handout.

Avoid These Liquids

- **Alcoholic drinks:** Beer, wine, hard alcohol, hard sodas, etc.
- **Drinks with caffeine:** Lattes, coffee, black or green teas, iced tea, mocha or latte protein shakes
- **Energy drinks:** Celsius, 5-Hour Energy, AMP, Crystal Light Energy, MiO Energy, Monster, Red Bull, Rockstar, Snapple, Spark, etc.
- **Carbonated or bubbly drinks:** Bai, kombucha, ICE, Cascade, sparkling water

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

- **Center for Weight Loss and Metabolic Surgery:** 206.598.2274