

## **Bariatric Hydrating Liquids**

### *A quick guide*

*Drinking your hydrating liquids after bariatric surgery is very important in order to avoid dehydration.*

### **Your Most Vital Nutrient**

Hydrating liquids are the most important nutrient of your day.

### **Daily Goal**

Slowly sip 64 oz. This is:

- 4 bottles that are 16.9 oz. each
- **Or** 2 bottles that are 33.8 fluid oz. (1 liter)
- **Or** an 8-oz. cup, 8 times a day



**Take 1 full hour to sip 8 oz., 8 times a day.**



### **Why do I need to drink so much?**

It is very important that you stay hydrated.

- Staying hydrated may improve weight loss, ease constipation, and ease joint pain.
- Dehydration can cause nausea, muscle pain, leg cramps, headaches, and dizziness when standing.

If you cannot drink at least 48 oz. each day for 2 days in a row, call 206.598.2274 and press 8 when you hear the recording.

## About Hydrating Liquids

- All liquids are sugar-free, caffeine-free, and protein-free.
- Protein drinks and caffeine are **not** hydrating liquids.
- You will likely tolerate liquids with electrolytes better than plain water.

### Good Electrolyte Liquids to Try

- Any sugar-free flavors
- Core
- Crush liquid water enhancer
- Crystal Light
- Gatorade Zero
- Kraft MiO drops added to water
- Powerade Zero
- Propel Zero
- Smart Water
- Sobe Life Water Zero
- Vitamin Water Zero
- Water infusions (do not eat solids):
  - Chunks of cucumber
  - Chunks of fruit
  - Lavender or mint

### Liquids to Limit

- Plain water (may cause cramping)
- Decaf or herbal tea
- Decaf coffee
- Sugar-free popsicles
- Sugar-free Jell-O

## How and When to Sip

- Slowly sip all hydrating liquids **between** your protein liquid meals.
- Wait 30 minutes before **and** 30 minutes after each liquid protein meal to sip on hydrating liquids.
- To lessen 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 the color of your urine is clear to light yellow.

## Avoid These Liquids

- Alcoholic drinks: beer, wine, hard alcohol, hard sodas
- Latte, coffee, black or green teas, iced tea
- Energy drinks such as 5-Hour Energy, AMP, Crystal Light Energy, MiO Energy, Monster, Red Bull, Rockstar, Snapple, Spark
- Carbonated drinks
- Bai, kombucha, ICE, Cascade, sparkling water
- Drinks that contain caffeine

### Questions?

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

Weight Loss Management  
Center: 206.598.2274