

# Hydrating Liquids

Drinking enough fluids is very important after bariatric surgery, not just at the beginning, but for the rest of your life. Your tastes may change after surgery. Some drinks you used to like may not taste good anymore. Even plain water can sometimes cause stomach cramps.

## Tips for Drinking More Fluids

- Choose drinks with **no sugar** to avoid extra calories and sugar cravings.
- **Alkaline water and electrolyte water** may feel better in your stomach.
  - These can be plain or lightly flavored.
  - Do not use Liquid IV or similar electrolyte powders, as these have too much sodium (salt).
- **Drinks with flavor** are often easier to drink than plain water.
- Get a reusable **water bottle** that works well for you. Stainless-steel bottles keep drinks hot or cold.
- Some flavors taste stronger in **hot water**, so you don't need to use as much.

## Hydrating Liquids to Try

Waters	Alkaline Waters	Electrolyte Waters
<ul style="list-style-type: none"> <li>• Plain tap water (cold, warm, or room temperature)</li> <li>• Filtered water</li> <li>• Ice water</li> <li>• Herbal tea (except Earl Grey)</li> <li>• Decaf coffee or tea</li> </ul>	<ul style="list-style-type: none"> <li>• Bottled alkaline water</li> <li>• Alkaline drops added to water</li> <li>• Sugar-free Propel</li> <li>• Water from alkaline water service companies</li> </ul>	<ul style="list-style-type: none"> <li>• Sugar-free coconut water</li> <li>• Sugar-free Gatorade (Zero)               <ul style="list-style-type: none"> <li>- Powdered or bottled</li> </ul> </li> <li>• Sugar-free Powerade</li> <li>• Sugar-free Vitamin Water</li> <li>• Infused water (add fruit, veggies, or herbs to your water)</li> <li>• Hint Water (fruit-infused water)</li> <li>• Cirkul or Air Up flavored water</li> <li>• Flavored drops with stevia or truvia</li> </ul>

## Tips for Finding Flavors You Like

- Look online or at the store for products to add to water. Be sure they are safe to drink.
- Try using part of a flavor packet instead of the whole thing.
- Use just a few drops of liquid flavor. You may like it better!