

Drink Up – or should we say SIP Up!

- ❑ Generally, 64 oz of fluid are needed daily. Your specific goal is on your initial packet. Keep an eye on the color of your urine as a good indicator of fluid status!
- ❑ Avoid drinking fluids during meals and 30 minutes after meals. This will be a lifelong practice.
- ❑ Practice sipping fluids slowly, generally about 8 ounces per hour.
- ❑ Avoid caffeinated, carbonated, or sugary drinks, which are a leading cause of weight regain after surgery.
- ❑ Bariatric friendly fluids include:



- Water
 - Decaf tea or coffee (unsweet or sweetened with artificial sweeteners)
 - Water infused with fruit or other herbs.
 - Water flavored with flavor enhancers such as Crystal light, MIO, Dasani, TrueLemon, Surge
 - Vitaminwater Zero
 - SoBe water
 - Core organic
 - Lifewater
 - Hint
 - Diet OceanSpray or Diet V8 Splash juices
 - Sugar free electrolyte beverages (Propel, Powerade Zero or Gatorade Zero)
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- ❑ Avoid caffeine to promote a safe surgery experience, optimal hydration and improved nutrient absorption.
 - ❑ Avoid carbonated drinks which can contribute to uncomfortable gas or bloating.