

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)

- ❑ 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.