

Post Op Liquid Diet

Presurgery to Stage 2 or Day 0-14

Full Liquids Protocol (when you return home)

- Begin your B complex vitamin when you return from the hospital (you can stop taking this when you begin the multivitamin).
- Drink liquids in no more than 1-ounce portions every 15 minutes.
- Drink about 1 ounce of protein-fortified liquids each hour. During the rest of the hour, sip on non-protein fortified liquids every 15 minutes (see long-term clear liquids list).
- Aim to drink 2-4 ounces of fluid every hour. (see full protein liquids list)
- Opt for shakes with 15-30g of protein, <5g of sugar, and <5g of fat per serving
- Strained cream soups

* Whey protein isolate and soy protein isolate are the highest-quality protein supplements

Be aware, signs of dehydration include:

- Signs of dehydration include reduced frequency of urination, darker colors of urine, headaches, dry mouth, feelings of thirst, and dry skin.
- Monitor your urine frequency and color. Aim for pale yellow urine to assure proper hydration.

Did you know?

- Sugar can be hidden in food labels such as: honey, agave, sucrose, dextrose, lactose, corn syrup or high fructose corn syrup, molasses, caramel, fruit juice or fruit juice concentrate, sorghum syrup, sucanat, maple syrup, barley malt or malt syrup, brown rice syrup, maltose, fructose, d-ribose, galactose, and sugar alcohols (xylitol, erythritol, sorbitol, maltitol, mannitol, and isomalt)



NEED TO AVOID: carbonation, sugar, caffeine, alcohol, straws, and gum