

Hospital Stay and Clear Liquid Diet

****YOUR NUMBER 1 PRIORITY IS STAYING HYDRATED!****

Dehydration is the #1 cause of post-surgical complications/ER visits

Your first oral intake after surgery (once the anesthesia has worn off) will be **water** in 1-ounce servings every 15 minutes. Once you tolerate water without issue, you will progress to a sugar-free clear liquid diet and aim to **consume at least 64 ounces of sugar free/decaf fluid per day**, unless you are on a fluid restriction.



- Try to drink at least ½ cup (4 ounces) of liquids per hour while awake and stop when you sense fullness or pressure.
- **If you are awake, you should be sipping.** Be mindful of sipping liquids very slowly and rest between sips per your personal tolerance.
- A clear liquid is defined as non-dairy fluids that cause a minimal amount of residue in the digestive tract.
- You are encouraged to: **Check your tray** to be sure there are no fruit juices, carbonated drinks, or anything sweetened with sugar.
- This diet must be followed exactly to ensure proper healing. You may not feel hungry, but you need to drink liquids to prevent dehydration and to help stimulate your digestive system.
- Don't worry about meals, **focus on fluids first and then protein intake.** You do not have to separate "meals" from other fluids during this phase.
- Once you are comfortable getting your fluids in, you should aim for 70-100 grams of protein per day.

Allowed Clear Liquids

- * Water
- * Broth
- * Sugar-free gelatin
- * Sugar-free popsicles
- * Sugar-free, non-carbonated beverages (i.e. crystal light)
- * Unsweetened tea (decaf)
- * Diet juice (< 10 calories per serving)
- * Clear Protein (<1g sugar per serving)

Don't Forget

- * **No caffeine for the first month** to avoid dehydration and irritating the stomach pouch
- * No carbonated beverages
- * Sugar-free beverages only
- * No straws
- * Initially you will need to drink some high-protein beverages, but once you start getting protein from foods, you may begin to wean yourself off of high-protein drinks