

Stage 1: Sugar-Free Liquids

- Stage 1 begins **immediately after your surgery** and continues **until you see your surgeon 7 to 10 days after your surgery**. This stage promotes healing and maintains hydration after surgery.
- You should drink zero-calorie fluids almost constantly in small sips. always Carry some fluid with you . You should aim to drink 64 ounces of fluid each day. Keep an eye on the appearance of your urine – if the color is light and clear then you probably have enough hydration; if the urine is deep yellow or amber in color then you probably need to drink more fluids.
- Imagine your new stomach as a small funnel. Thin liquids will flow out of the bottom steadily and it should be OK to take a small sip every few seconds. Like a funnel, it will be possible to overfill it by drinking too fast or “plug it up” by eating something too thick before it has healed sufficiently.
- It’s normal to have no appetite for a few weeks following surgery on your stomach. We recommend that you only take in thin sugar-free (less than 10 calories per 8 ounces), noncaffeinated, noncarbonated liquids. If you force food (including soup or protein drinks) “to keep your energy up” you may make yourself feel sick, delay your recovery, and impair weight loss. You came into surgery with a normal nutrition level, so for the time being there is no daily nutritional ‘requirement.’
- You can try flavored water and fluids with sweeteners, or you can try broth to get some taste variety. Sometimes the artificial sweeteners or broth can cause diarrhea, so if you’re having loose bowel movements it’s probably best to hydrate with pure water.

Sugar-Free Liquids	
<p>Water <i>May flavor with lemon, lime, herbs (e.g., mint, basil), or spices (e.g., cinnamon, ginger)</i></p> <p>Sugar-Free Flavored Waters (e.g., SoBe Life Water, Vitamin Water 10 or Zero)</p> <p>Sugar-free Fruit-Flavored Drink Mixes (e.g., Crystal Light, Hawaiian Punch, Kool-Aid, Tang, Wyler’s Light, Mio)</p> <p>Tea (decaf), including bottles and drink mixes (e.g., Lipton Diet Decaf Lemon Iced Tea mix, Wyler’s Light, bagged fruit and herbal teas from Bigelow, Celestial Seasonings, Lipton, and others)</p>	<p>Coffee (decaf) Popsicles (sugar-free)</p> <p>Drink one of the following daily to help restore your electrolytes in the early months after surgery: Broth/bouillon (e.g., beef, chicken, vegetable) Ramen seasoning packet (NO noodles) Zero-Calorie Sports Drinks (e.g., Powerade Zero, Gatorade Zero, Propel, Thorne Catalyte)</p> <p>If you experience hunger: Bariatric Advantage Clearly Protein (Use as a meal and do not drink all day long.)</p>

- Remember to sip fluids slowly in order to recognize fullness. **Stop sipping if you feel fullness, pain, or nausea.**
- **Be aware of dehydration.** If you experience any of these symptoms, drink more fluids:
 - Less frequent urination and / or dark colored urine
 - Flushed face
 - Headaches
 - Dizziness / lightheadedness
 - Dry mouth / tongue
 - Arm / leg cramps