

After Bariatric Surgery:

Full Fluid Bariatric Diet

Right after bariatric surgery your stomach is healing and swelling is going down. For about 14 days you will need to eat only fluid-type foods, on the Full Fluid Bariatric Diet. Your healthcare provider will tell you how long to take only full fluids.

What is a full fluid?

A full fluid is any food or drink that:

- is liquid or melts at room temperature
- can be poured, like water or milk
- is smooth, like yogurt or applesauce, with no fruit pieces
- has no pieces of solid food in it
- melts in your mouth, like gelatin desserts

What can I eat and drink?

Many foods you can eat and drink are listed on page 3. The list can help you choose foods that give you the fluid and protein you need.

What should I avoid?

Some food and drinks may bother your stomach while it is healing. Avoid these foods while you're on the Full Fluid Bariatric Diet:

- any solid or semi-solid foods
- carbonated drinks
- higher fibre foods
- food or drinks with caffeine
- alcohol

How much should I drink?

Getting enough fluid is important to prevent dehydration and keep your stools soft. To get started, aim for **at least 6 cups (1500 mL) of fluid**.

Most people need 9–12 cups (2250–3000 mL) of fluid a day. You need more if you're in warm weather or active. It may be hard to drink this amount right after surgery.

Right now, everything you eat or drink on the Full Fluid Bariatric Diet counts toward your daily fluid goal. Talk to your dietitian about how much fluid you need.

I need _____ cups (_____ mL) of fluid each day.

Tips to get enough fluid:

- **Take small sips of fluid more often over the day.** Your stomach is much smaller now than it was before surgery. You may not be able to drink very much at one time right after surgery.
- **Have at least ½ cup (125 mL) of full fluids every hour you are awake.** Since you will take only small amounts, you must drink often throughout the day. This will help you get the fluids and nutrition you need.
- **Don't overfill your pouch or sleeve.** Stop drinking when you start to have a feeling of fullness, heaviness, or pressure in the pouch or sleeve.
- **Sip fluids slowly from a cup or a glass.** You can also use a spoon to take small amounts of fluid to sip.
- **Don't use a straw or sports bottle-type lid.** You may drink too fast or swallow air. This can cause discomfort.

How much protein do I need?

- After surgery, you need more protein to heal and help fight off infections. Your dietitian will let you know how much protein you need each day.
- I need _____ grams of protein each day.
- The food list on page 3 tells you how much protein is in Full Fluid Bariatric Diet foods. You can use the list to plan what you eat.
- Choose the higher protein foods more often.

Do I need a supplement?

It's hard to meet your needs after surgery, so you'll need a nutrition supplement. Talk to your dietitian about the type and amount of supplement that is best for you.

Nutrition supplements come in many forms:

- Nutrition supplement drinks are ready to use, and can be mixed into other full fluids.
- Protein powders can be added to hot cereals, smooth soups, and drinks.
- Nutrition supplement puddings can provide extra calories and protein.
- Do not use bars while on a fluid diet.

You can buy nutrition supplements at drug stores, the pharmacy section of your grocery store, or health food stores.

Am I eating and drinking enough?

- Record what you eat and drink each day in your journal.
- Write down the portion and amount of protein for each food and drink.
- Add up how much fluid and protein you had for the day.
- If you're not drinking enough fluid, you may become dehydrated or constipated.
 - **Signs of dehydration**
 - Feeling thirsty
 - Urinating (peeing) less often
 - Dark urine (dark pee)
 - Dry skin
 - Feeling tired
 - Feeling light-headed (dizzy)
 - **Signs of constipation**
 - Stool is hard and dry
 - Stool is difficult or painful to pass
 - Bowel movements happen less than 3 times a week

Talk to your dietitian if you don't think you're eating or drinking enough, or you have signs of dehydration or constipation.

Choose food and drinks from the table below while on the Full Fluid Bariatric Diet.

	Food and drinks Portion: ½ cup (125 mL), unless another amount is listed	Protein (grams)
Protein foods	yogurt, Greek style, 100 grams (100 mL)	8–10
	milk, unsweetened	5
	fortified soy beverage, unsweetened	4
	pudding or custard, made with milk	4
	yogurt (100 grams) or yogurt drinks, smooth (no fruit pieces)	3–4
	pudding snack cups, ready to eat, 92–99 grams	1
	tofu (soy), soft or silken only	6
Grain foods	higher protein instant oatmeal, 1 packet (38 grams)	6
	infant (beginner) cereal, ½ cup (30 grams)	4–5
	instant oatmeal, 1 packet (28–31 grams)	3–4
	smooth cooked wheat cereal, like Cream of Wheat®	2
Vegetables and fruits	juice, 100% fruit or vegetable, unsweetened	0–1
	applesauce or other pureed fruit, unsweetened	0
Other foods	soups, smooth (blended and strained), made with added milk	4
	broth, bouillon or consume, clear	0
	gelatin dessert	0
	frozen desserts, smooth (like ice pops)	0
Drinks	water	0
	diet drinks, crystals, or drops with less than 5 calories • no caffeine; no carbonation (no bubbles)	0
	coffee or tea, herbal or decaffeinated	0
Nutrition supplements	Talk to your dietitian about the type and amount of supplement that is best for you.	
	nutrition supplement drinks, ½ cup (125 mL)	5–10
	protein powder (whey, soy, hemp, or pea) 1 Tbsp (15 mL)	5–6
	nutrition supplement puddings (110–142 grams)	4–7
	skim milk powder, 1 Tbsp (15 mL)	2–3
My full fluids		

Note: The protein amount for each food is an average. Every brand will have different amounts of protein. To find the exact amount of protein in foods, read the Nutrition Facts table on the package or look for nutrition information from the company or restaurant.