

*NO Caffeine or Alcohol and NO Carbonated or Sweetened Beverages*

- Focus on drinking enough fluids to stay hydrated.
- Drink at least 1 to 1 ½ quarts of liquid per day. That equals 4 to 6 cups or 32 to 48 ounces.

*No Straws*

- Sip, don't gulp, fluids.

If you have any questions or concerns, you can call Ellen Evans, MS, Registered Dietician

(802) 847-4844 or  
(800) 358-1144, extension 74844.

To find health information, or for convenient and secure access to your medical record through MyHealth Online, please visit [FletcherAllen.org](http://FletcherAllen.org) or call us at (802) 847-0000.

**BARIATRIC SURGERY**

353 Blair Park Road  
Williston, VT 05495

**HOURS**

Monday – Friday  
8:00 am – 4:30 pm

**PHONE**

(800) 358-1144  
(802) 847-3330

**FAX**

(802) 847-0733

# Liquid Diet After Weight Loss Surgery

## Home Diet Instructions

### Phase 1: Clear Liquids Only

Follow these instructions the day of your discharge and for the next three days following your surgery.

### Examples of clear liquids include:

- Water or sugar-free flavored water (non-carbonated)
- Crystal Light® or other sugar-free beverages
- Diet Jell-O®
- Sugar-free popsicles or sugar-free Italian ice
- Broth
- Caffeine-free coffee or tea (no creamer or dairy)
- Clear fruit juice like apple or grape
- For bypass patients: dilute all juices with water to make it half strength

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