

## FLUIDS

Your post-surgery diet

**(7DAYS) Starting:\_\_\_\_\_**

Congratulations, welcome to the first day of the rest of your life. You may not be feeling the best at this stage, but we promise it does get better. We would like to make your transition to a new life as easy as possible, here is a guide to help you through the first few stages.

### **Day 1 – First day after surgery -Clear fluids**

#### **IV fluids and clear fluids**

You may not be able to take much fluid on day 1 - don't panic if your intake is poor – the IV fluids will meet your needs. Water, broth, diluted protein water and diet cordial.

Ask the nurse for some little red cups provided by the hospital to sip from. 2-3 small sips in each red cup.

### **Day 2 – Second day after Surgery - Free fluids**

#### **2 red cups per hr i.e., 100ml/hr slow sipped**

Continue to sip from red cup

The dietitian will be in to provide a detailed small group education prior to you going home. You may commence full fluids when you get home from hospital. These include shakes, coffee with milk and thin strained soups.

Record your fluid intake in your fluid diary. It can be useful to set reminders to sip regularly. Try as best you can to meet the targets but don't panic if you are a little behind – constant slow sipping as best you can so you don't become dehydrated.

### **Day 3 - 3-4 red cups/hr i.e. 150-200ml/hr slow sipped**

From day 3 the rate of intake of fluids can slowly increase so long as you experience no discomfort – after day 3 just slow sipping - no need to keep measuring but do aim to meet fluid targets. By day 5 aim for 1 – 1.5L in total per day.

**Tip:** Some people find the **temperature** of water makes all the difference in getting it down. Some may find iced water easier, or you could try **adding** diet cordial, protein water or no sugar Powerade will help the water slip down. Alternatively, some find hot fluids better you could try herbal teas, bone broths or miso soup. Feel free to dilute any fluids if they are too strong.

# FLUIDS

## Nutritious Fluids

**1a) Shakes** – If you are using Formulite or Opti fast Plus you can continue to make your shakes on water as the protein content is high enough. However, if you are using alternative shakes (Opti fast, Opti slim, etc.) you should be using skim milk OR add 1 scoop tasteless protein as the base or adding a protein powder to meet protein requirements.

**Note: some shakes go quite thick (man shake) so you may need to add more liquid to thin them out.**

**1b) Soups** – Thin strained home-made or fresh soups with protein (beef, chicken, or lentil), Miso soup. **DO NOT use instant soups.** These have very low nutritional value and contain lumps and herbs that could cause a leak.

**1c) Milk based drinks** - milk- use trim or skim or lactose free if Bypass, ADD Tasteless protein - makes a 24g protein shot!

Milk coffee i.e. hot or iced late OR Milk based smoothie (milk yoghurt + any fruit)

Recipes from "Your Complete Guide to Nutrition for Weight Loss Surgery"  
Pg 52-54 & 60

## 2. Hydrating Fluids

Here's a handy list of suggested fluids:

You should be aiming for 1.2 – 1.5 litres by day 4 or 5

Water	Sometimes water is difficult to swallow, Fiji water is usually well tolerated or you can try adding diet cordial/ Feel Good Protein if needed
Tea & Coffee	make coffee on all milk - skim or trim
Protein Water	Dilute - can use ½ or ⅓ strength
Hydralyte	Hydralyte or hydralyte ice blocks
Powerade Zero	Diluted to ⅓ strength
Broths	Clear, fresh/homemade-can use these as a soup base
V8 Juice	Original flavoured, diluted
Yakult	Opt for the blue lid Yakult

### **Please avoid the following fluids:**

Alcohol	Beer, champagne, wine, spirits
Sweet drinks	Nothing high calorie, no sweeteners
Fizzy drinks	Soft drinks, soda water
Creamy drinks	Thick shakes, drinks with ice-cream

## Vitamins

No need to take vitamins into hospital.

Please start your Bariatric multivitamins (1 per day) on day 5, or when you no longer feel nauseous.

**Multivitamin:** 1x Fit For Me ( multivitamin) chew -no need to commence Ferro until you commence puree food i.e.: after seeing Dr Baxter. Then swallow the tiny Ferro tablet on a mouthful of food mid -way through a meal or 20-30min after a meal (not on an empty stomach).  
OR 2x BN multivitamin chews ( contains iron so no need to take ferro)

**Calcium + D** – Calcium (2 per day) can be started from day 5 as well.

**(Do not take at the same time as your multivitamin as they may compete for absorption in the gut)**

It's important to establish a good routine. **You need to separate your Multi and Calcium by 2 hours. Try the following**

### **Suggested schedule:**

Multivitamin at Dinner (if 2x multi- take 2nd at lunch)

Calcium Breakfast and morning tea

**Thiamine Vitamin B1** – In your Bari Bag (It is essential if you are vomiting – whether from food, poisoning, gastro or any other reason, start 100mg 2 per day until vomiting has stopped.

## Bowels

Constipation can be a concern after surgery - meeting fluid targets will help your bowels.

If you become constipated, **try increasing fluid intake**. Use Dulcolax, Movicol or Epsom salts to get your bowels moving – **keep using the laxative until bowels are regular**.

Please aim for a bowel movement at least every second day

**\*please** ensure your fluids intake is at least 1.5 litres before adding to Benefibre\*- best to keep Benefibre until pureed phase

## What is Dumping Syndrome?

When food/ fluid (especially sugar) moves too quickly through the stomach, it is "dumped" into the small intestine. The body has a difficult time handling this rapid "dumping" and responds by adding a large amount of fluid to the small intestine, which then results in a rush of diarrhoea. Symptoms of dumping may include nausea, diarrhoea, sweating, dizziness, and heart palpitations.

### **Ways to reduce dumping:**

- ✓ Avoid the consumption of sugary and fatty foods
- ✓ Don't drink with your meals
- ✓ Limit processed carbohydrates.
- ✓ Including a fibre supplement such as Benefibre which will slow the process of food through your stomach, may also help to prevent dumping syndrome.

## FLUID Guide

**Targets: Day 2 - 500ml**

**Day 3 600– 800ml**

**Day 5 – 1– 1.5L**

To help keep track and ensure you are having enough fluids record your fluid intake in your fluid diary - no need to keep fluid record if you are over 1 litre per day. Try as best you can to meet the targets but don't panic if you are a little behind for the first few days. **BY DAY 4-5 IDEAL fluid intake is 1.2-1.5 litres.** Ie over 1 litre by the weekend

Try to work up to 2 shakes per day by sipping frequently

**Set reminders to sip regularly- every 15 mins first few days as you may nap  
Alternate between nourishing and hydrating fluids. Use the below as a guide and tracker**

TIME	IDEAL INTAKE	Day 70ml per ½ hour (2 red cups per hour)	Day 100ml per ½ hour (3-4 red cups per hour)
7.00	Diluted v8 juice		
7.30	Shake		
8.00	Tea/coffee		
8.30	Shake		
9.00	Thin smoothie		
9.30	Water		
10.00	Skim milk (coffee)		
10.30	Water		
11.00	Shake		
12.00	Thin strained soup		
12.30	Water		
1.00	Tea/coffee		
2.00	Shake		
2.30	Water		
3.00	Diluted v8		
3.30	Shake		
4.00	Water		
4.30	Tea/coffee		
5.00	Thin strained soup		
5.30	Water		
6.00	Shake		
6.30	Water		
7.00	Skim milk		
8.00	Water		
9.00	Tea/coffee		
<b>TOTAL</b>			

## MEETING PROTEIN TARGETS FLUID PHASE

.....g is your target

..... SHAKES/DAY

.....SCOOPS TASTELESS PROTEIN

..... PROTEIN WATER

.....BOTTLE PROTEIN WATER