



## Bariatric Surgery: Stage 2 - Fluids Diet

After surgery you will be required to follow a fluids-only diet for 3 weeks. This fluids diet consists of several protein shakes per day with other drinks added in for variety and to help increase your fluid intake. This diet helps minimize post-surgery complications and helps you to meet your hydration and protein requirements.

The protein shakes are your most important drink during this stage as these will be your main source of protein which is important for healing after surgery and maintaining muscle mass. If you are struggling with your protein shakes you must find an alternative shake and let your dietitian know.

### Daily Intake

<b>Day of surgery</b>	As per team instructions
<b>Day 1 post-op</b>	As per team instructions
<b>Day 2 to Day 7 (Week 1)</b>	<ul style="list-style-type: none"> <li>Aim for 2 litres of total fluid per day (includes your Optifast)</li> <li>Drink 100-125mls per hour</li> <li><b>3 Diluted</b> Optifast shakes or Optifast soups (make to <b>400ml</b>)</li> <li>Liquid multivitamin as per your teams instructions (see over page)</li> </ul>
<b>Weeks 2 + 3</b>	<ul style="list-style-type: none"> <li>No less than <b>2 litres</b> of total fluid per day (includes your Optifast)</li> <li>Drinks 125-250mls per hour</li> <li>4 Optifast shakes or Optifast soups (made to whatever volume you prefer)</li> <li>Liquid multivitamin as per your teams instructions (see over page)</li> </ul>

### Fluids to include

- You should always choose low calorie liquids and avoid carbonated drinks in particular as they can introduce more air into your stomach which causes discomfort.
- Your surgeon recommends that you remain **caffeine-free** after surgery.
- Alcohol** is to be avoided for at least 1 year after surgery as it will affect your weight loss progress.

Allowed	Not Allowed
Water	All caffeinated drinks
High protein milk (look for 6g protein per 100mls)	Fruit juice or sugary cordials
Unsweetened calcium enriched soy milk	Bottled iced tea
Decaffeinated tea	Fizzy drinks
Decaffeinated coffee	Milkshakes
Herbal/fruit tea varieties	Flavoured milk
Diet jelly	Flavoured water
Clear soup, broth or miso soup	Kombucha
<i>*Water is often best tolerated with something added to it. For flavour you can use either sugar-free cordial, lemon juice, or a herbal teabag</i>	Sports drinks
	Energy drinks
	Alcohol

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## Tips

- **Bring a protein shaker** and 2 Optifast sachets with you into hospital.
- Drink slowly, taking small sips at a time – a drink bottle can help to slow your drinking.
- Record your fluid intake each day on the sheets provided by your nurse specialist.
- Focus on your protein shakes as the priority.
- Avoid straws, carbonated drinks and chewing gum to prevent swallowing air into your stomach.
- Alternate between drinking different types of fluids to prevent becoming bored by the same flavour.

## Making it easier on yourself once home

Drinking 125mls per hour can seem daunting straight after surgery. Breaking the volumes down into smaller portions and using measuring cups will help make this more manageable.

- 125mls (½ cup) per 1 hour = 62mls (¼ cup) per ½ hour = 30mls (1/8 cup or a medicine cup) per ¼ hour
- You should drink these volumes slowly, sipping every minute or two

## Multivitamins

Your team will instruct you on which liquid multivitamin to take and when to start it. The usual advice is:

- All BYPASS/SLEEVE: 1 Berocca Performance tablet dissolved in 250ml water, once per day. Drink when this is flat (has no visible bubbles).
- DUODENAL SWITCH: 1 scoop of BariLife powder diluted into at least 1 cup water, 3 times per day.

## Optifast

- Optifast is the most suitable protein drink after surgery. This is because you are able to meet your daily nutrient needs by drinking 3 or more Optifast drinks per day ('nutritionally complete'). This is beneficial directly after surgery when you are getting all of your nutrients through fluids.
- Optifast made at 300mls and blended with ice can help with tolerance.
- Adding sugar-free flavourings or essences can help it feel like you are having a different drink each time you have a shake.
- You will be more sensitive to sweet flavours after surgery, so adding a little pinch of salt can cut through the intense sweetness of Optifast and improve the aftertaste.

## Alternative to Optifast

- Use this stage to find an alternative to Optifast that you tolerate which you will start taking in Stage 3
- Optifast provides per serve: 20g protein, 200kcal (840kj), 4.5g fat, 18g carbohydrates (total)
- You must replace the protein provided by 3 Optifast = 60g protein per day from fluids
- Aim for a protein shake that provides 20g protein per serve. If it is less protein per serve, use high protein milk to make up the difference:  
For example: protein powder (15g protein) + 100mls high protein milk (6g protein) = 21g per serve  
*In this example you would need 3 serves made up like this per day = 60g protein*
- If your protein shake is over 20g per serve, you can use high protein milk to increase the protein per serve and have less shakes:  
For example: protein powder (23g protein) + 125mls high protein milk (7g protein) = 30g per serve  
*In this example you would need 2 serves per day to = 60g protein*
- **If you are intolerant to Optifast** you should swap to your **alternative protein shake** immediately

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