

POST OPERATIVE LIQUID DIET – STAGE I WEEKS 1 and 2

Approved Fluids

- Water
- Zero Calorie Drinks
- Crystal Light
- Sugar Free Fruit Punch
- Mio
- Unsweetened or Diet Tea – you may use Splenda/artificial sweeteners
- Sugar Free Kool Aid
- Diet Ocean Spray Juice
- Diet Snapple
- Fruit 2 O
- Vitamin Water Zero, Power Aid Zero
- Decaffeinated Coffee
- Clear Broths (vegetable, chicken, beef)
- Sugar Free Jello
- Sugar Free Popsicles
- G2 – Lower carbohydrate version of Gatorade
- Protein shakes and powder mixes

SOLID FOODS ARE NOT ALLOWED DURING THIS TIME PERIOD.

- SLOWLY sip 48-64 fluid ounces throughout the day from the Approved Fluid list. Drinking too quickly can result in nausea and vomiting.
- You will begin with 1 ounce every 15 minutes and advance as tolerated.
- 4 ounces per hour x 12 hours = 48 hours
- The first few weeks it can be challenging to stay hydrated. You will need to sip continuously throughout the day.
- HYDRATION is your primary goal within the first few weeks.
- Sip protein drinks throughout the day as tolerated.