

# 4 Steps to Stay Hydrated After Weight Loss Surgery

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<https://www.pennmedicine.org/updates/blogs/metabolic-and-bariatric-surgery-blog/2018/march/4-steps-to-stay-hydrated-after-weight-loss-surgery>



*Staying hydrated is important for everyone, and drinking enough fluids each day should be top priority. This is especially true for weight loss surgery patients for whom dehydration is a common reason for hospital stays after surgery.*

## Hydration Motivation

Strive to drink **48-64 ounces (6-8 cups)** of *low to zero calorie* fluids each day. With a new, smaller stomach, it can be difficult to reach this goal at first.

**Here are some tips to stay hydrated:**

- Carry a water bottle with you at all times
- Put tabs or marks on your water bottle to set goals to help you consume fluids throughout your day instead of all at once
- Set a timer to prompt you to drink
- Keep a log to track your fluid intake, or use an app - accountability is key!
- Freeze clear liquids or protein shakes to sip on throughout the day



<https://www.pinterest.co.kr/pin/589479038701543520/>

## Not All Fluids Are Created Equal

Certain beverages should be limited or avoided when trying to reach your daily fluid goals.

Carbonated beverages should be avoided for the first 3 months after surgery. The bubbly drinks can cause an upset stomach, nausea, and gas particularly while the stomach is still healing.

However, *every patient is different*, and some might find that they can tolerate seltzer water a few months after surgery.



<https://www.today.com/food/difference-between-seltzer-sparkling-water-club-soda-tonic-water-t114161>

**Note:** It is important to keep in mind that carbonated drinks such as soda and beer can be high in added sugars and calories and difficult to fit within your daily calorie goals and therefore consumption is discouraged.

# Drink Responsibly

## CAUTION: After Surgery Alcohol Affects the Body Quite Differently!

Studies cited by the American Society for Metabolic and Bariatric surgery have found that there is “*accelerated alcohol absorption, high maximum alcohol concentration and longer time to eliminate alcohol after bypass surgery in men and women*”. Alcohol is also higher in calories and should not replace nutrient- dense foods that are needed to help heal the body. Because **alcohol** is made from sugar or starch, it contains lots of **calories** – seven **calories** a gram in fact, almost as **many** as pure fat! **Calories** from alcohol are 'empty **calories**', they have **no nutritional value**.



<https://au.news.yahoo.com/drastring-alcohol-price-hike-proposed-tackle-australias-obesity-crisis-035855128.html>

Drinking alcoholic beverages should be avoided for *at least 6 months* after surgery and introduced in a safe setting with people you trust.

It is very important for patients to take small sips and to not drink too quickly. Both mindful drinking and eating are crucial practices to avoid feeling sick.

The new stomach is much smaller and cannot hold the same volume as it could before surgery. Separating eating and drinking is recommended to avoid filling up on liquids and possibly not having enough room for protein and other foods.

# Know the Signs

## Some common signs of dehydration are:

- Feeling thirsty
- Feeling nauseous or dizzy
- Having a headache or rapid heart rate
- Having dark, concentrated urine
- Feeling tired or irritable



**AM I DEHYDRATED?  
HERE'S HOW TO TELL**

SIGNS OF MILD TO MODERATE DEHYDRATION INCLUDE:		SIGNS OF SEVERE DEHYDRATION INCLUDE:	
 THIRST	 DRY MOUTH	 RAPID BREATHING	 RAPID HEARTBEAT
 FATIGUE	 HEADACHE	 SEVERE DIZZINESS OR LIGHTEADEDNESS	 UNCONSCIOUSNESS OR DELIRIUM

<https://www.ultimareplenisher.com/blogs/hydration/what-dehydration-does-to-your-body>

**Staying hydrated is a lifelong commitment after surgery and key to ensuring a patient's new stomach heals properly. Drink up!**