

Stage 1: Fluids (liquids) Diet after bariatric surgery

This resource is for bariatric surgery patients. This sheet explains **Stage 1: Fluids diet**.

What will my diet be like after surgery?

- After surgery you need to have a **liquid only diet (no solid foods)** for at least **2 weeks, or as directed by your bariatric surgery team.**
- At the moment your new stomach can only tolerate liquids.
- As you heal, you will progress to puree, soft then solid foods.

It is **very important** you follow these instructions. If you are **unable to drink enough**, contact your treating team.

Do not eat foods other than liquids - even if they are on your hospital tray! If you eat these foods, you may put too much pressure on your new stomach.

How much and when?

Remember your new stomach is very small so go slow!

- Day 1 after surgery: Aim to have **50ml of fluid every 30 minutes** or you may feel nauseous or vomit. If you feel full - stop.
- By Day 7: Aim to take **30 minutes to drink ½ cup of fluid (125ml).** **Drink slowing taking small sips.** This allows you to notice when you are full and avoid overfilling.
- By the end of Week 2: Aim to take **30 minutes to drink ½-1 cup (125-250ml) of liquid.**
- Remember your body still needs **1.5-2L of fluid a day** to stay hydrated.
- **Aim to drink small amounts often.**

What kinds of fluids can I have?

- Fluids need to be thin enough to run through a fork.
 - Smooth.
 - Lump free.
 - Fluids that have less than 15g of sugar per 250ml.
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The Don'ts

- Do not have fizzy drinks (eg: soft drink). These can cause discomfort, burping and stretch the pouch.
 - Do not have alcohol. Be careful after surgery as digestion of alcohol is impaired, which means it may have more of an effect. Alcohol can also irritate your new stomach and provides calories without protein or nutrition.
 - Do not use a straw to drink. Using a straw can cause air to enter the pouch and cause discomfort.
 - **NO SOLID FOODS.**
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What are the priorities when choosing fluids to have?

- Choose fluids that are high in protein.
- You need **at least 60g of protein a day** while recovering from the operation.
- Protein is essential for the body to heal wounds and maintain muscle strength while losing weight.

There are very few high protein options whilst on a **fluid diet**.

Tips to boost your protein intake

- Add a scoop of protein powder to soups and home-made smoothies.
- You can buy protein powder from chemists, health food stores or supermarkets.
- Add neutral flavoured powders to sweet or savoury liquids.
- You can use protein supplements **short term**, until you are back to a normal diet.

What if I am lactose intolerant?

- Most people with lactose intolerance can tolerate some lactose in their diet.
- This varies from person to person.
- Low lactose options in table are marked with an asterisk (*).

Liquid foods and their protein content

Aim to choose the shaded options:

Product	Protein Content (g)	
	125ml	250ml
Isowhey™ shake*	11	22
Yopro™ drinking yoghurt	10.8	21.5
Optifast™ shake	10	20
Up and Go energize™	9	17
Optislim™ shake	8.3	16.6
Up and Go™	4	8
Low fat milk (regular or low lactose e.g. Zymil* or Liddells*)	5	10
Low fat soy milk*	4	8
Low fat drinking yoghurt	3.5	7
Fortified milk (1 cup low fat milk + 1 tbsp skim milk powder)	6	12
Protein water Bodiez Performance Water™*	8	16
Almond milk*	1	2
Rice/coconut milk*	<1	<1
Savoury options		
Formulite™ soup	11	22
Optifast™/Optislim soup	10	20
Tomato soup*	1.5	3.5
Soup + 1tbs protein powder (*)	13	15
Pumpkin soup*	1.5	3

Protein Powders

	Protein content (g)	Serving size
Beneprotein™*	6	1 scoop (7g)
Natures Way Protein Powder™*	26g	2 tbs
Musashi Whey Protein Powder™	24.4g	1 scoop (33g)

Low lactose options are marked with an asterisk (*).

Don't forget your Multivitamin!

- After surgery you will not be able to get **enough vitamins & minerals** from your **diet alone**.
- It is important to take the **vitamin and mineral supplements** recommended by your dietitian or bariatric surgery doctor.
- Start to take **two multivitamins per day** when you go home from hospital, plus any additional vitamins prescribed by your doctor.
- You will need to continue vitamin and mineral supplements **long term** so it's good to get into the habit of doing it early!

Sample Meal Plans

These are sample meal plans showing how your diet may look whilst on a fluid diet.

Fluid Diet – post op Week 1

7-7.30am	125ml Optifast Shake
9.30-10am	125ml (½ tetra) Up and Go Energize
11-11.30am	125ml protein water
1-1.30pm	125ml Optifast soup
3-3.30pm	125ml (½ tetra) Up and Go Energize
5-5.30pm	125ml Optifast Soup
7-7.30pm	125ml Optifast Shake

Total protein: 66g
Fluid: 875ml + additional 625ml water

Fluid Diet – post op Week 2

7-7.45am	250ml Optifast Shake
10-10.45am	250ml low fat drinking yogurt
1-1.45pm	250ml Optifast Soup
3-3.45pm	250ml smoothie (150ml low fat milk, 50g low fat yoghurt, 50g berries, 2 tsp oats)
6-6.45pm	250ml vegetable soup + 1 tbs whey protein powder

Total: 70g protein
Fluid: 1250ml + additional 250-750ml water

Where to from here?

At the end of the two-week fluid phase, if all is going well you can carefully upgrade your diet to Stage 2: Puree foods.

Take Home Messages



After surgery you will be on a **liquid only** diet for 2 weeks.



Fluids must be **thin enough to run through a fork**.



Remember to **go slow** - your new stomach is very small!



Aim to drink **small amounts, often**.



Have at least **60g of protein a day**.



Take your **multivitamins** every day.

For further information contact your Dietitian: _____