

Post-Op Clear Liquid Diet Protocol

Band Patients: Non-carbonated clear liquids for the first 24 hours after surgery

Sleeve/RNY/Overstitch/SIPS/ESG: Non-carbonated clear liquids for the first week after surgery

The ultimate goal on clear liquids is to consume 48-64 ounces per day, from the recommended list below.

In addition to calorie-free clear liquids, you should be consuming diluted juices (2 oz juice/2 oz water) or diluted non-diet sports drinks (2 oz beverage/2 oz water) **every 3 hours**. This will help to prevent your blood sugar from going low and give you a little energy. **(Total undiluted juice should be no more than 8 ounces in a day - that equals 16 ounces of fluids once diluted.)**

- Diluted Fruit Juice (2 oz juice/2 oz water)
 - Grape, cranberry, or apple ONLY (100% juice or no added sugar)
- Diluted regular Gatorade or Powerade (2 oz beverage/2 oz water)

Recommended Choices for Clear Liquid Diet- (2 oz every 15 mins)

- Clear broth or Bouillon – chicken, beef, or vegetable
- Water or ice chips
- Crystal Light or Sugar-free Kool-Aid
- Decaf Tea and Coffee (NutraSweet, Splenda, Sweet-n-low, Stevia allowed)
- Sugar-free gelatin
- Propel Zero, Powerade Zero, or Gatorade Zero
- Sugar-free popsicles
- Sugar-free Italian Ice
- Bariatric Advantage Clear Protein Drink (Journeylite)
- Journeylite Supplements: Fruit Drinks, Protein Bouillon, and Hot Beverages (made with 8oz water)

Avoid:

- Carbonated beverages
- Sugary drinks
- Caffeinated beverages
- Avoid citrus (orange, grapefruit, pineapple) and tomato juices.
- No juice drinks, juice cocktails or undiluted 100% juices