



Top-Tips: Keeping Hydrated after Bariatric Surgery

Keeping hydrated following bariatric surgery is very important. This is especially so in the early weeks following surgery to prevent re-admission to hospital.

Please follow the following top tips to keeping hydrated:

- Aim to drink 3-4 pints of water per day
- Set a timer to prompt you to drink
- Keep a daily log of your fluid intake (use an App if this helps)
- Always carry a water bottle with you
- Try to keep a water bottle at home and another at work
- Remember to avoid all fizzy or carbonated drinks
- Use tea and coffee in your fluid allowance but avoid more than 2 cups of strong coffee per day
- Use ice cubes or frozen sugar free squash to suck on through the day
- Establish a routine with set times for a drink

Avoid all alcoholic drinks for at least 6 months following bariatric surgery. Alcohol can be absorbed more quickly following bariatric surgery and remain in your system for longer. Alcohol is also high in calories so will slow weight loss.

Signs of dehydration: feeling thirsty, feeling dizzy or nauseated, having a headache, dark or concentrated urine or feeling tired or irritable.

Avoid filling up on fluids before mealtimes.