

BARIATRIC SURGERY

NONE of the Following

- Caffeine, Alcohol, Carbonated Beverages, Sweetened Beverages or Using Straws

DO the Following

- Include milk products and protein shakes.
- Strain any lumps out of liquids, like creamed soups or smoothies.
- Try to get 50 grams of protein a day.
- Continue to drink 1 to 1 1/2 quarts of fluids every day. That equals 4 to 6 cups or 32 to 48 ounces.

If you have any questions or concerns, you can call Ellen Evans, MS, Registered Dietician (802) 847-4844 or

To find health information, or for convenient and secure access to your medical record through *MyHealth Online*, please visit **FletcherAllen.org** or call us at (802) 847-0000.

BARIATRIC SURGERY

353 Blair Park
Williston, VT 05495

HOURS

Monday – Friday
8:00 am – 4:30 pm

PHONE

(800) 358-1144
(802) 847-3330

FAX

(802)847-0733
(802) 847-0733

Liquid Diet After Weight Loss Surgery

Home Diet Instructions

Phase 2: Full Liquids

Follow these instructions from day five after your discharge until day 14 following your surgery.

Examples of Full Liquids:

- Protein supplements—whey protein powder made into shakes or pre-made protein drinks (see booklet).
- Smooth Greek-style yogurt
- Sugar-free pudding
- Instant, sugar-free hot cereals such as oatmeal and Cream of Wheat
- Strained cream style soups (any kind) or blended vegetable soups

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