



## POST OPERATIVE DIET PHASE I

### CLEAR LIQUIDS

(0-48 hours after surgery)

- Immediately following surgery, you will not be given anything to eat or drink by mouth to allow the pouch an initial healing period. You will begin with ice chips then progress to water and to other clear liquids.
- It is important to stop drinking at the very first sensation of fullness. Take small sips.

### THE GOAL OF THIS PHASE

Keep well hydrated. Sip fluids throughout the day. Attempt to consume 48 to 64 ounces per day. Optimum fluid intake is 6-8 ounces every hour.

- Beverages with calories – such as fruit juices are allowed in this phase due to the very low calorie intake.

### Examples of clear liquids are:

- ✓ Water
- ✓ No sugar added fruit juices (apple, grape, cranberry)
- ✓ Crystal Light
- ✓ Diet Kool-Aid
- ✓ Sugar-Free decaffeinated coffee or tea sugar substitutes may be added
- ✓ Caffeine in moderation
- ✓ Broth (beef, chicken, turkey)
- ✓ Sugar free gelatin
- ✓ Sugar free ice popsicles (without fruit pieces)
- ✓ 100% frozen juice bars without fruit pieces

### Sample Menu for PHASE I:

#### Clear Liquids

<b>Breakfast</b>	8:00 am - 8:30 am	½ cup apple juice ½ cup diet gelatin
<b>Mid Morning</b>	9:30 am - 12:30 am	Drink 2 oz (¼ cup) every 25 -30 minutes
<b>Lunch</b>	1:00 pm - 1:30 pm	½ cup grape juice ½ cup broth
<b>Mid Afternoon</b>	2:30 pm - 5:30 pm	Drink 2 oz (¼ cup) every 25 -30 minutes
<b>Dinner</b>	6 :00 pm - 6:30 pm	½ cup cranberry juice ½ pulp free Frozen Juice Bar
<b>Evening</b>	7:30 pm	½ pulp free Frozen Juice Bar Drink 2 oz (¼ cup) every 25-30 minutes

Michael C. Morris, M.D.

general, laparoscopic & bariatrics

1710 E. Saunders St. Suite B 260 Laredo, TX 78041 (956) 729-STAR Fax: (956) 729-7830

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