

Phase 1: Sugar-free, Clear Liquid Diet

In the first few days after surgery, emphasis is placed on preventing dehydration. Your stomach is very sensitive and will need time to heal. You must make a conscious effort to drink fluids. Because your stomach is smaller, you will not be able to drink as much at one time as you did before surgery.

Tips

- Drink slowly
- Drink calorie-free liquids all day long between meals and during meals
- Avoid using a straw. It may introduce air into the pouch, causing discomfort.
- Avoid very hot or cold liquids that can irritate your stomach pouch and cause pain
- Avoid carbonated beverages because they may cause gastric discomfort
- Avoid products with caffeine because they cause fluid loss through increased urination
- Monitor and measure the amount of food and beverage you eat and drink. Your stomach will only be able to hold 1 to 2 tablespoons of food initially. Use the following key to help guide your portions: *3 teaspoons = 1 tablespoon, 2 tablespoons = 1 ounce, 2 oz. = 1/4 cup, 4 oz. = 1/2 cup*

The clear liquid diet should be followed for approximately 2 to 4 days after surgery (or at your surgeon's discretion).

Choose from these foods:

- ▶ Water
- ▶ Broth
- ▶ Sugar-free drinks (Crystal Light®, Kool-Aid®)
- ▶ Sugar-free Jell-O®
- ▶ Decaffeinated tea or coffee
- ▶ Sugar-free popsicle

Amount: 1 to 2 oz. every 15 minutes or 4 to 6 oz. per hour; at least 8 cups or 64 oz. a day

The following is an example of how you could plan meals during the clear liquid phase.

Breakfast 2 to 4 tablespoons Crystal Light®
 2 to 4 tablespoons decaffeinated coffee

Lunch 2 to 4 tablespoons broth
 2 to 4 tablespoons Kool-Aid® (sugar-free)

Dinner 2 to 4 tablespoons broth
 2 to 4 tablespoons Jell-O® (sugar-free)