

Staying Hydrated after Bariatric Surgery

After surgery, most patients can comfortably drink 8 ounces when sipped slowly over 30 minutes. However, dehydration remains the most common cause of readmission after bariatric surgery. Factors that contribute to dehydration include:

- Reduced stomach capacity after surgery
- Stomach pain and nausea from drinking larger volumes or gulping
- Hormonal changes after surgery causing temporary taste changes and nausea

A person becomes at risk for dehydration if they struggle to drink at least 64 ounces of fluid daily. Signs of dehydration include feeling dizzy, nausea, headaches, lack of energy, and dark urine.

Strategies for staying hydrated:

- Keep a water bottle with you at all times. Take small sips throughout the day.
- Set a timer to go off every 30-60 minutes to remind you to take a sip of water.
- Adjust the temperature. Warm liquids can be comforting, while some prefer icy cold.
- If plain water is making you feel nauseous, try light flavors or clear broths.
 - Add a slice of lemon to hot or cold water
- Drink before, during and after low-to-moderate intensity exercise activity.
- Avoid all alcohol and excessive amounts of caffeine (>2 cups of coffee)
- Track your fluid intake