

# Keeping Track of How Much You Drink

## Preventing Dehydration

After weight loss surgery, it is important that you drink 48 to 64 ounces of clear liquids each day. This will help prevent dehydration.

Examples of clear liquids include water, broth, Gatorade®, Propel® Fitness Water, and unsweetened tea or coffee.

**Drink two half-full medicine cups (1 ounce total) of a clear liquid at least every 15 minutes while you are awake.** You will be given a timer in the hospital.

Do not drink liquids too fast. It can cause discomfort in your chest, back or shoulder blade area. To help prevent discomfort:

- Drink one-half ounce (or 1 half-full medicine cup) of a clear liquid.
- Put the cup down.
- Think about how full you feel.
- When you feel ready, drink the next one-half ounce (or 1 half-full medicine) cup of clear liquid.

Repeat these steps at least every 15 minutes.

## Symptoms of Dehydration

- decreased urine volume
- urine that is dark amber in color
- headache
- nausea (upset stomach)
- dizziness
- muscle cramping (abdomen or legs)
- fast heartbeat.

If you have any symptoms, please call a member of your weight loss surgery team.

## Tip

- 1 teaspoon = 5 cc
- 1 tablespoon = 15 cc
- 1 ounce = 30 cc

## Important

- Do not go more than 1 hour without drinking liquids during the day.
- Sit up straight when drinking liquids.
- Do not drink through a straw.
- Do not drink very hot or very cold liquids.
- Do not swallow ice.
- Do not drink carbonated beverages.

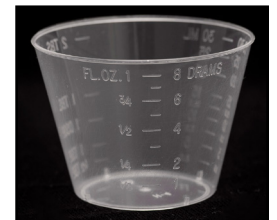
## Tracking

Measure the liquid and then use the charts on the back to record the amount that you drink.

- Each box equals 1 ounce.
- Place an "X" in one box for each ounce of liquid you drink.

## At Home

Use the medicine cups you were given for drinking liquids until you are comfortable with the amount to swallow.



- **First day home:**  
Drink at least 52 ounces of liquids.
- **Every day after the first day home:**  
Drink at least 64 ounces of liquids.

**Important:** If you can tolerate drinking more liquids than what is listed for each day, feel free to do so.

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