



**Policy: Nutrition Services, Post-Surgical Diets
(Clear and Full Liquids)**

Bariatric-11

Purpose: To establish guidelines for providing hydration and nutrition intake post-bariatric surgical procedures. The post-operative diet covers the period of hospital discharge through the first three (3) weeks.

Policy: The following are guidelines for the initial post-surgical diet. The diet will be individualized based on tolerance and consultation from the resident's bariatric physician and the Registered Dietitian's assessment. The guidelines below are developed post-surgical. Based on the resident's length of hospital stay, physician's orders, and tolerance, the resident may be progressed past the first few days of the following diet regimen.

Procedure:

The following are guidelines for the diet progression during the first week post-surgery:

DIET PROGRESSION

Post-Operative Days 1 and 2 – The diet will be clear liquids. The resident may only be able to consume a few spoonfuls at a time and may not be able to tolerate liquids initially.

Post-Operative Day 3 – Continue to clear liquids only. Juice should be diluted to 1 part juice and 10 parts water. Offer fluids of 2 ounces per hour.

Post-Operative Day 4 – Continue the same regimen as Day 3, and increase the fluids to 3–4 ounces per hour.

Post-Operative Days 5 and 6 – If tolerated, the resident may progress to full liquids. Light fruit-flavored yogurt, cottage cheese, and strained soups may be offered (no heavy cream soups). The serving size of these items per meal should be 2 ounces in total. Offer fluids of 4 ounces or more per hour, as tolerated.

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