

Fluids

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Key Amendments

Date	Amendment	Approved by
2 nd April 2024	Documents extended for 6 months whilst under review	Emma White
24 th December 2024	Document extended for 6 months whilst under review	Emma White

What fluids are available in Hospital?

- ✓ After surgery sips of water are allowed on return from theatre, but the following days free fluids are allowed
- ✓ All fluids must be no thicker than the consistency of water and have no bits.
- ✓ Artificial sweetener can be used if needed
- ✓ Fluids should be sipped slowly and frequently
- ✓ In hospital the following fluids are available:
 - ✓ Fortisip Yogurt Style or Fortisip Compact thinned with Milk
 - ✓ Tea and Coffee
 - ✓ Malted drinks
 - ✓ Hot chocolate
 - ✓ Marmite (sachets available from catering)
 - ✓ Milk
 - ✓ Fruit juice diluted with water
 - ✓ Thin soups with no bits (order from catering)
 - ✓ Meritine soup (sieved to remove bits). Vegetable & chicken flavour (from pharmacy)
 - ✓ Peppermint water (may ease wind pain)

- X** Avoid use of straws
- X** Avoid fizzy drinks and chewing gum
- X** Avoid boiled sweets
- X** No ice-cream or jelly
- X** No yogurt/custard
- X** Do not sweeten drinks with sugar

What fluids can be bought in from home?

- ✓ Meal replacement milkshakes e.g. Slimfast or Tesco Ultralim
- ✓ No added sugar squash
- ✓ Still flavoured water (sugar free)
- ✓ Small cartons of long-life fruit juice
- ✓ Favourite light malted drink powders
- ✓ Bovril & stock cubes
- ✓ Long life milkshakes

Remember

- ✓ Surgery can change taste buds
- ✓ Sometimes very sweet tastes are unpleasant
- ✓ There may be a preference for very cold or hot drinks
- ✓ Drink frequently

