

Tracking Your Fluids at Home

Now that you are home from the hospital, it is very important that you continue to drink small amounts of fluid very frequently. This will prevent you from becoming dehydrated and constipated and will also help to prevent nausea and vomiting. Our office staff will be calling you several times to review how much you are drinking.

Directions: Please use these sheets to keep track of how much you are drinking so that we can get an accurate picture of how you are doing. Each time you empty a medicine cup or drink a bottle, place a hash mark next to what you drank. Remember to include your protein drinks in your fluid intake. Also indicate how many grams of protein you took in each day. Continue to refer to your diet manual for more details.

Day 2 after surgery Goal: Drink 1 medicine cup of clear liquid every 15 minutes. Each medicine cup is 1 ounce of fluid to reach your goal of 64 ounces per day.

 _____ or  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____

Days 3-9 after surgery Goal: Keep fluids with you at all times and sip clear or full liquids every 10 to 15 minutes to reach your goal of 64 ounces (4-16 oz. bottles) per day. Begin to add protein supplements to your diet. Gradually increasing to 60-90 grams of protein per day (90-120 grams for duodenal switch). Refer to your diet manual. These protein drinks also count towards your fluid goal.

Day 3:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 4:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 5:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 6:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____



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Day 7:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 8:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 9:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 10:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 11:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 12:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 13:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 14:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 15:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____



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Day 16:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 17:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 18 after surgery Goal: You should now be drinking 64 ounces (4-16 oz. bottles) of fluid per day in between meals. This includes all liquids. Continue to track your fluid and protein intake from all sources. You will now start pureed foods.

Day 18:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 19:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 20:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 21:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 22:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 23:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____



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Day 24:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 25:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 26:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 27:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 28:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 29:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Day 30:  8 oz. _____ 12 oz. _____ 16 oz. _____ 25 oz. _____ Protein grams _____

Bring this record with you to your physician and dietitian appointments in the first 6 weeks after surgery.

Call the office at 484-628-5673 if you are unable to tolerate liquids, feel weak or dizzy, or notice a decrease in your urine output. We are here to answer any questions that you may have.

Keep up the great work!



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