

## CLEAR LIQUIDS

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*BETWEEN THE TIME YOU LEAVE THE HOSPITAL  
AND RETURN FOR YOUR FIRST APPOINTMENT*

**DRINK 48 to 64 OUNCES OF FLUID A DAY**  
Six to eight – 8 oz cups of liquid each day  
One cup of liquid be sipped over a one-hour period

- Drink slowly to avoid discomfort or vomiting.
- Drink **all** throughout the day.
- Stop if you feel full.
- Avoid carbonation.
- Limit caffeine intake.
- Do not wait to get thirsty.
- No alcohol.
- Carry a water bottle with you at all times.



### RECOMMENDED CLEAR LIQUIDS

- Water (the best)
- Sugar-free drinks
- Skim milk
- Diluted fruit juice
- Snapple
- Crystal Lite
- Popsicles (sugar-free)
- Tea (decaffeinated as much as possible)
- Coffee (decaffeinated as much as possible)
- Ice
- Broth (Strained Thin Soups)

***Clear liquids help your body heal from surgery. The drinking of any liquid other than clear liquids or eating any food may lead to pain or a serious complication.***