



# **Bariatrics: Staying Hydrated in the Summer**

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# Importance of hydration for bariatric patients

- Adequate water intake is a crucial part of the weight loss process, as it increases the sensation of fullness and eliminates waste products more efficiently from the body
- Assist with lubrication of joints
- Forms saliva and mucus (avoidance of dry mouth)
- Delivers oxygen throughout the body
- Promotes healthy skin
- Cushions the brain and spinal cord

# Importance of hydration for bariatric patients

- Regulates body temperature
- Proper digestion (constipation avoidance and alleviation)
- Blood pressure maintenance
- Makes minerals and nutrients more accessible (Proper utilization of vitamins and minerals)
- Boost performance during exercise (avoidance of dehydration)
- Decreased chances of kidney damage

# How much water do I need?

According to the Institute of Medicine:

- It's recommended that men drink 13 cups (about 3 liters or ~101 oz) of water each day.
- Women are recommended to drink 9 cups (just over 2 liters or ~72 oz) of water each day.
- Pregnant women should drink 10 cups (8 oz) of water daily, and breastfeeding women should drink 12 cups (96 oz).
- Kids and teens should drink 6 to 8 cups of water a day.

*\*This all depends on activity level, age, weight, etc.*

# How much water do bariatric patients need?

- 64 oz per day (when first starting out after surgery)
- 80-96 oz per day (after surgery and for long term maintenance)

*\*These amounts are very similar to recommended amounts in individuals who have not gone through bariatric surgery.*

# What is water nausea?

- Happens when you aren't tolerating water after surgery.
- There is no clearly defined why this happens. Some documented reasons include:
  - Dehydration
  - Electrolyte imbalance
  - Difference in acidity in the stomach

# Signs and symptoms of dehydration

- Headaches
- Tension
- Feeling hungry
- Fatigue
- Sleepiness
- Anxiety
- Feeling dizzy or lightheaded
- Difficulty concentrating
- Confusion or memory issues
- Lower energy
- Muscle cramps

*FYI: Being as little as one percent dehydrated can impair cognitive function.*

# How can I increase my fluid intake?

- Put flavor in your water (Sugar-Free flavor powder, Crystalight, Mio, IV Hydration).
- Sugar Free flavored water enhancers or try infused water (add fresh fruit or herbal Tea)
  - Avoid water enhancers with caffeine and have five calories or less per serving. (Sometimes the water enhancers can be very sweet after surgery. Put in just enough to make it a level of sweetness you can tolerate.)
- Sip on electrolyte drinks that are low sugar (less than eight grams of sugar per eight ounces) or no sugar. You can also dilute an electrolyte drink that is higher in sugar to lower the sugar amount that you will drink.
- Sip very small amounts of water. Try using an eighth to a fourth a teaspoon for your sip volume. Wait for 30 to 60 seconds between sips. Sometimes sipping too much water too quickly is the nausea culprit.
- Try a variety of temperatures. Really hot or icy cold temperatures usually don't work right after surgery.
- Count in broth, sugar-free gelatin and sugar-free popsicles in your fluid count.



# Tracking your fluid intake

- Keeping a fluid/hydration diary can assist you by keeping you accountable and by helping you make sure you are meeting the recommended fluid requirements.
- There are online versions available of hydration/fluid journals. Please utilize them if you feel you are struggling.



# Questions?

Call LMG Bariatrics at 505-727-2790.

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