

Stage 1 Diet – Clear Liquids

Start: Post op Day 1

Duration: ½ - 1 day

Diet Instructions: Drink only liquids provided on clear liquid tray. Sip using 1-ounce medicine cups provided with the goal of getting in 1-2 ounces (1-2 medicine cups) every hour. Do not sip faster.

Fluid Goal: 1-2 ounces per hour; you need to sip slowly throughout the day

Protein Goal: None

Clear liquids options:

- Water
- Crystal light
- Fat Free Broth
- Sugar free Electrolyte Beverage
- Herbal tea (decaf)
- Sugar Free Popsicles
- Sugar Free Gelatin

Tips:

- Stop sipping as soon as you feel full or if you have any nausea/vomiting
- You will likely have gas pain from the procedure, often felt in the shoulder area. This is normal and should be reported to your nurse.
- If you are experiencing nausea, please let your nurse know

