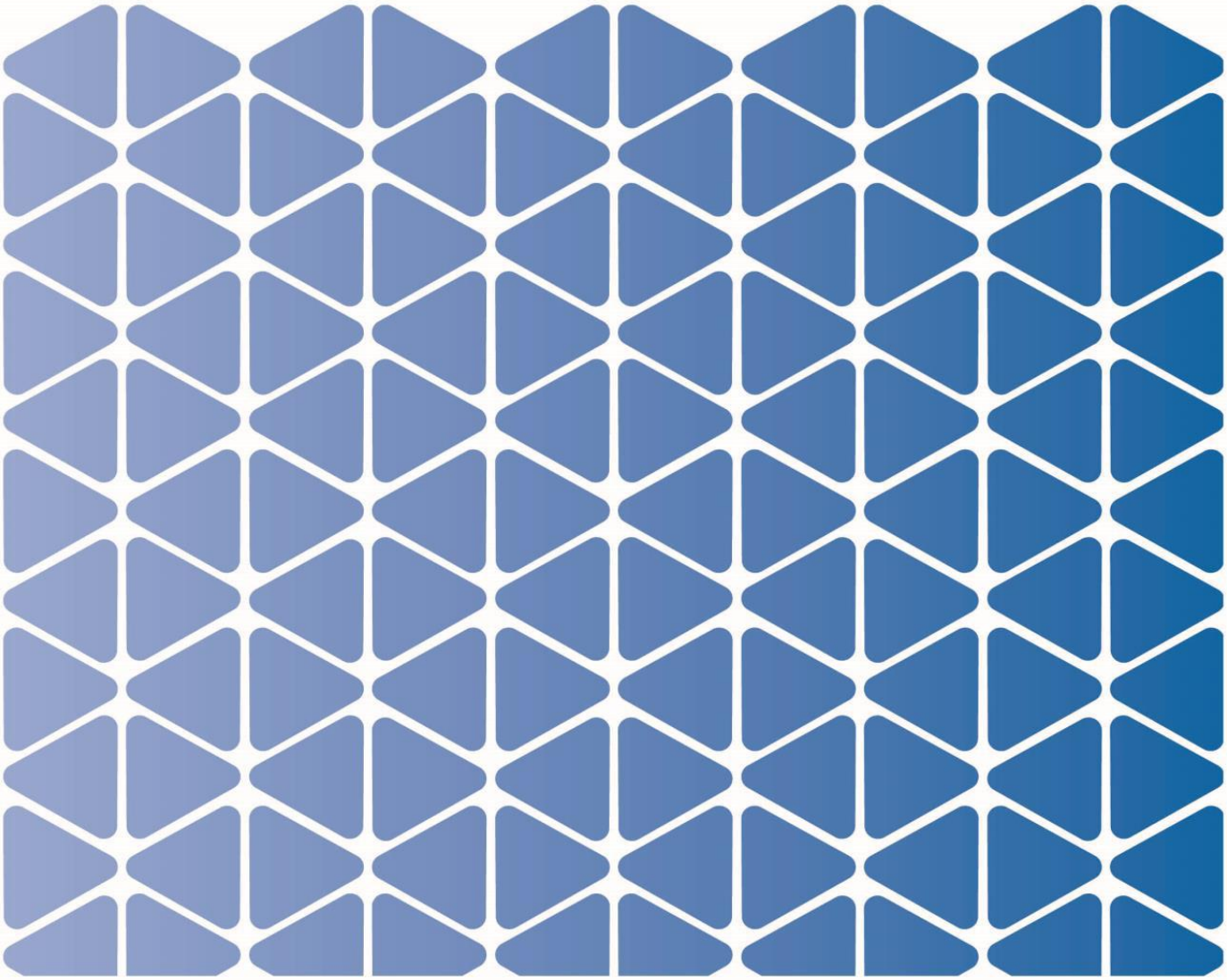
PATIENT INFORMATION

# WHAT FLUIDS ARE AVAILABLE IN HOSPITAL AFTER BARIATRIC SURGERY?



**What fluids are available in hospital after bariatric surgery?**

After surgery, sips of water are allowed soon after return from theatre, and for the first 2 weeks after surgery, you will remain on free fluids only, as previously discussed with the bariatric team in clinics and education sessions. Fluids should be no thicker than water with no bits.

**Allowed fluids**

- ✓ Artificial sweetener can be used if needed
- ✓ Fluids should be sipped slowly and frequently
- ✓ In hospital the following fluids are available:
- ✓ Fortisip (compact may need to be diluted with milk)
- ✓ Tea and Coffee
- ✓ Malted drinks
- ✓ Marmite diluted in hot water (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)

**Things to avoid**

- 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 replacements in ready-made cartons (as per Pre-op diet suggestions)
- ✓ 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

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

## Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

## Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

## Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

## How to contact PALS:

**Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net**

## Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.