BARIATRIC SURGERY
HOURLY FLUID INTAKE

Please write down how many ounces (oz) you drank at the end of **each hour**.

Your goal is
3–4 ounces every hour.

EXAMPLE: 7–8am *3oz*

TIME	OUNCES (OZ)
7–8am	
8–9am	
9–10am	
10–11am	
11–12pm	
12–1pm	
1–2pm	
2–3pm	
3–4pm	
4–5pm	
5–6pm	
6–7pm	
7–8pm	
8–9pm	
9–10pm	

TIPS TO REMEMBER

- Small plastic cup = 4oz
- Styrofoam cup = 12oz
- Broth and decaf tea count as fluid
- Shakes count as fluid: shake = 4oz
- 1 sugar free popsicle = 2oz
- 30 mL = 1oz
- Don't drink fluids for hydration until 30 minutes after your meal or snack

Surgeon Name: _____

Surgeon Contact Number: _____

Small sips. Big impact. *You're building healthy habits for life!*

We are here to help you heal safely and avoid unnecessary ER visits. CALL US FIRST!

We've got you.