

Beaumont 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

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:

- Dedicated Bariatric Cup 8 oz
- 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

