

Enhanced Recovery after Surgery in Colorectal Surgical patients

Nutritional Information before Surgery

Optimizing Nutrition before Surgery

It is important to eat well-balanced meals that include enough protein and calories before you have surgery. Good nutrition will keep you healthy and prepare your body for healing. Research has shown that well nourished people have better outcomes after surgery. This may include a shorter length of stay, faster healing and less postoperative complications.

If you have already been eating less and/or lost weight, it is even more important to optimize your nutrition before surgery to prepare for the extra needs your body will require for healing.

If possible, you should improve your nutrition 4 weeks before surgery. Try to do so by following the below suggestions.

Getting enough calories:

- You will know you are getting enough calories if you are able to maintain your weight
- Monitor your weight trends by weighing yourself twice a week
- Eat at least 3 meals per day including nutrient-rich foods
- Limit sugar as it has poor nutrition value (e.g. juices, sweets)
- Limit alcohol intake
- Refer to the handout “Making Every Bite Count” for specific food suggestions

Getting enough protein:

- Try to get 1.5g/kg of protein per day based on your ideal body weight (IBW). An ideal body weight would be your weight at a BMI of 20-25.
 - **For example** if you are 60kg and a healthy BMI, you would want to try to eat 90g of protein per day. (60kg x 1.5g = 90g/day)
- On average, you should get around 25-35g of protein at each meal (3 meals per day). 3 ounces of chicken breast is about 21g of protein (a little more than a deck of cards worth).
- If you have a hard time eating 3 large meals, try frequent small meals and snacks every 2-3 hours. You can spread your protein over all the meals to have around 15 g at a time. (e.g. 2 eggs = about 15 g protein)
- Pick foods that are good sources of protein such as eggs, chicken, lean red meat, fish, nuts and nut butters, cheese, milk, yogurt, beans and legumes and protein powders
- Refer to the handout “Making Every Bite Count” for specific protein suggestions

Nutrition Supplements:

- In some cases, you may not be able to eat enough calories or protein from food to maintain or improve your weight. If this happens, you should add nutritional supplements to your diet. These drinks are often used to supplement your diet. Try having half a bottle/shake at a time in addition to foods/fluids you are able to tolerate.
- Refer to the handout “Making Every Bite Count” for a detailed list of nutritional supplements as well as some recipes to help boost your intake
- If you are unsure what supplement is best for you, please call the Dietitian to help assist you.

niagarahealth

Extraordinary Caring. Every Person. Every Time.

Enhanced Recovery after Surgery in Colorectal Surgical patients

Nutritional Information before Surgery

Alcohol and Smoking:

- Try to quit smoking as soon as you know you need surgery. Smoking delays healing and increases your risks of surgery
- Avoid alcohol for at least 24 hours before surgery

Registered Dietitian: _____

905-378-4647 ext. _____

HOW ARE WE DOING?

You can provide feedback
or suggestions for
Niagara Health Clinical
Nutrition services at:

www.niagarahealth.on.ca/en/clinical-nutrition

niagarahealth

Extraordinary Caring. Every Person. Every Time.