HAVING SURGERY?
GOOD NUTRITION MAKES A DIFFERENCE

WHAT CAN GOOD NUTRITION DO FOR YOU?
Good nutrition before and after surgery can help you heal faster, fight infection and get home sooner.
Below are some topics you might want to discuss with your doctor.

QUESTIONS TO ASK YOUR DOCTOR BEFORE SURGERY
- Should I consult with a dietitian?
- Will my current weight impact the outcome of my surgery?
- How can nutrition help me prepare for and heal from my surgery?
- What role should exercise play as I prepare for and recover from surgery?

TELL YOUR DOCTOR IF
- You’ve recently lost or gained weight
- You’ve lost your appetite or are having trouble eating

ONLY 1 IN 5
Malnourished patients receive nutrition supplementation before surgery.

NUTRITION INTERVENTION CAN
- Reduce infection by 40%\(^3\)
- Decrease length of hospital stay by 2 days\(^1\)

Good nutrition can help prevent some of these common complications:

3 DAYS OF BED REST
Following surgery can result in

10% LOSS OF LEG MUSCLE
In older adults\(^1\)

BEING MALNOURISHED
Before surgery results in

3X HIGHER RISK
Of complications\(^2\)

1 OUT OF 3
Patients is at high risk for being malnourished\(^2\)

2 OUT OF 3
Patients having gut surgery are malnourished\(^2\)

No patient should undergo elective surgery without nutrition screening. During your pre-operative appointment, make sure you talk to your doctor about being screened for malnutrition.
NUTRITION IS A TEAM SPORT

Proper nutrition can improve your surgical outcomes, and everyone on your care team has a role to play.

**PRIMARY CARE PHYSICIAN**
is your consistent care provider; they refer you for surgery and can answer questions about your treatment.

**SURGEON & ANESTHESIOLOGIST**
can work together with you to determine the right timing for food intake pre- and post-surgery.

**DIETITIAN**
Designs and optimizes your nutrition protocol pre- and post-surgery and determines whether you need a carbohydrate-rich beverage or other nutrition therapies prior to your surgical intervention.

**NURSE**
assists with your screenings, guides the nutrition protocol, and oversees your care post-operation.

**PHARMACIST**
reviews your medications and supplements, makes dosage recommendations, helps screen for drug allergies and interactions, and will assist in providing post-discharge nutrition therapies.

**PATIENT**
follows the advice and recommendations of the surgical team.

---

No patient should undergo elective surgery without nutrition screening. During your pre-operative appointment, make sure you talk to your doctor about being screened for malnutrition.
Maximize your strength by following a good nutrition plan every day for at least one week before surgery.

**PROTEIN**
It’s important to get enough protein to prevent muscle loss. Generally speaking, you should strive to include protein in every meal and snack. Make sure you are eating lean, high-quality protein (legumes, meat, poultry, eggs, dairy, or fish), which is best for building muscle and healing. Your doctor may also recommend an oral nutrition supplement.

**DAILY VITAMINS**
Consider taking a multivitamin before your surgery to help reduce the risk of infection and the length of your hospital stay. Talk to your doctor for details.

**BALANCED MEALS**
Recovering from surgery requires a lot of energy—be sure to eat nutrient-rich foods every day leading up to your surgery.

**PREOPERATIVE CARBOHYDRATE DRINK**
Your surgical team may recommend that you drink a clear, carbohydrate-rich drink 2 hours before surgery. This will help you maintain a normal blood sugar balance after surgery to promote healing and help you feel better faster.

**KEEP MOVING**
25–30 minutes of low-impact exercise each day, combined with proper nutrition, can help build muscle and allow for quicker recovery after surgery. Please discuss your exercise plans with your physician.

**GET BACK TO NORMAL**
Following surgery, you will need to consume more calories to help your body heal. If you are unable to get all of your calories from food, a registered dietitian or your surgical team may recommend an oral nutrition supplement.

---


No patient should undergo elective surgery without nutrition screening. During your pre-operative appointment, make sure you talk to your doctor about being screened for malnutrition.