

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 receives nutrition supplementation before surgery³

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 adults¹

BEING MALNOURISHED

before surgery results in

3X HIGHER RISK

of complications²

NUTRITION

INTERVENTION CAN

- Reduce infection by 40%³
- Decrease length of hospital stay by 2 days³

1 OUT OF 3

patients is at high risk for being malnourished²

2 OUT OF 3

patients having gut surgery are malnourished²

¹Paddon-Jones D. Presented at the 100th Abbott Nutrition Research Conference; June 2009; Columbus, OH.

²Nutrition and Surgery: What Every Patient Undergoing Surgery Needs to Know about Nutrition [pamphlet]. Durham: Duke Clinical Research Institute; 2018.

³The Importance of Perioperative Nutrition [pre-release video]. Abbott Nutrition Health Institute. Forthcoming publication on ANHI.org; 2019.

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

An infographic showing a surgical team of six members (Primary Care Physician, Surgeon & Anesthesiologist, Dietitian, Nurse, Pharmacist, and Patient) rowing a long, narrow canoe. The team is moving from the bottom left towards the top right. Each team member is represented by a stylized figure in a different color (blue, green, orange, yellow, etc.) and is holding a paddle. Lines connect each team member to their respective role and description on the right side of the image.

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

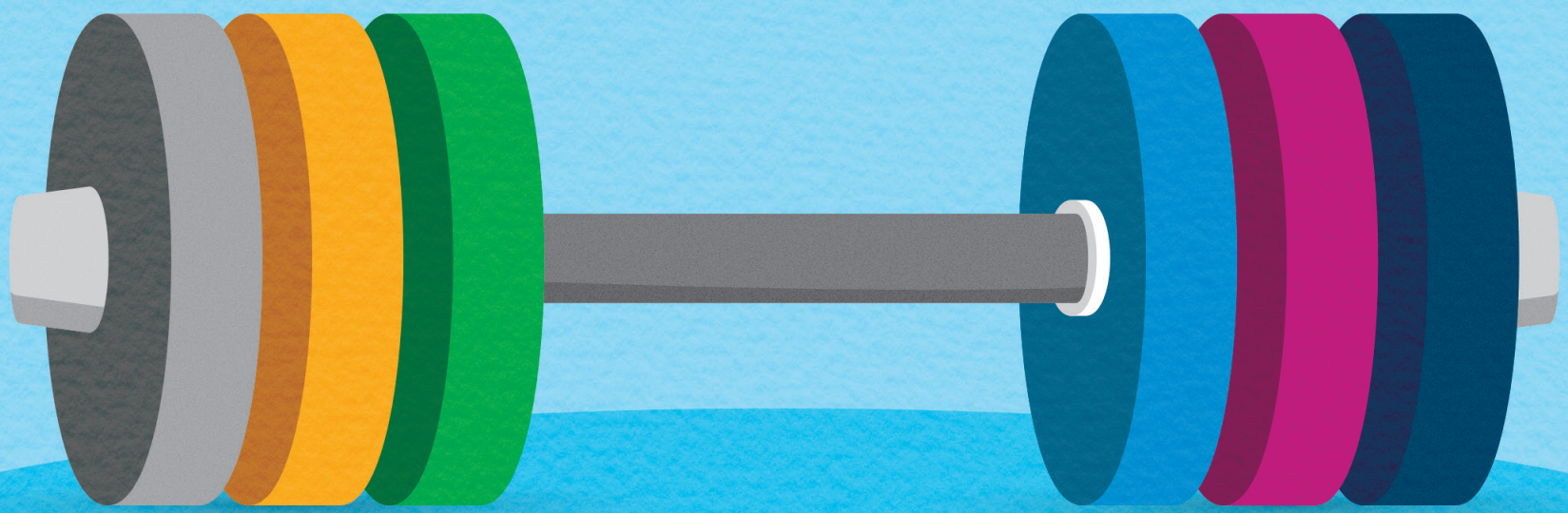
reviews your medications and supplements, makes dosage recommendations, helps screen for drug allergies and interactions, and will assist in providing post-discharge nutrition therapies

PATIENT

follows the advice and recommendations of the surgical team

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POWER-UP FOR SURGERY



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.¹ 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.

¹Nutrition and Surgery: What Every Patient Undergoing Surgery Needs to Know about Nutrition [pamphlet]. Durham: Duke Clinical Research Institute; 2018.

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