

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. A nutrition screening is recommended for patients undergoing an elective surgery.

QUESTIONS TO ASK BEFORE SURGERY

- How can nutrition help me prepare for, and heal from, my surgery?
- When should I stop eating or drinking before my surgery?
- What role should exercise play as I prepare for and recover from surgery?
- Am I at risk for malnutrition?
- Should I consult with a dietitian?

Good nutrition can help with some of these common complications:

6 DAYS OF BED REST

following surgery can result in

3-4% LOSS OF LEG MUSCLE

in older adults¹

BEING MALNOURISHED

before surgery is associated with

3X HIGHER RISK

of complications²

TELL YOUR HEALTHCARE PROVIDER IF

- You recently lost or gained weight
- You lost your appetite or have trouble eating or drinking

ONLY 1 IN 5

patients receive a nutritional screening before surgery³

NUTRITION

INTERVENTION CAN

- Reduce infection by 40%⁴
- Decrease length of hospital stay by 2 days⁴

1 OUT OF 2

patients is at risk for being malnourished⁵

2 OUT OF 3

patients undergoing GI surgery are malnourished⁵

1. Kouw IWK, et al. *J Am Med Dir Assoc.* 2019;20(1):35-42.
2. Saunders J, Smith T. *Clin Med.* 2010;10(6):624-7.
3. Williams J.D., et al. *Am. J. Surg.* 2017;213:1010-1018.
4. Drover JW et al. *J Am Coll Surg.* 2011;212(3):385-99.
5. Shpata V, et al. *Med Arch.* 2014;68(4):263-7.

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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

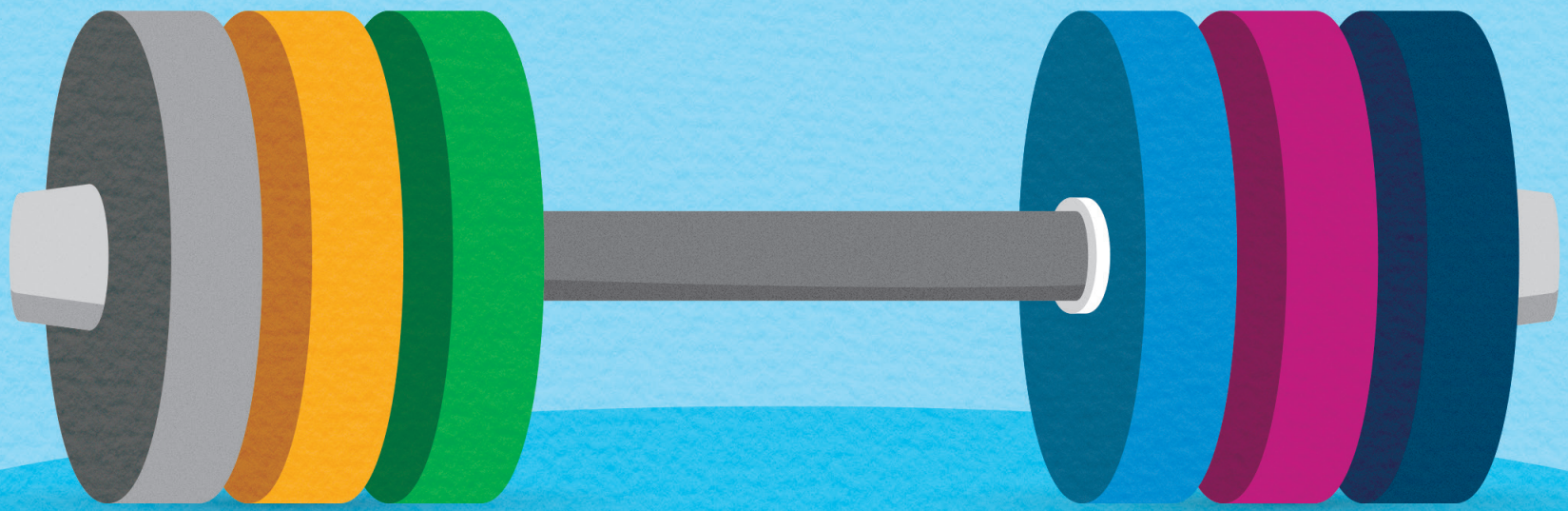
reviews your medications and supplements, makes dosage recommendations, helps screen for drug allergies and interactions, and will assist in providing post-discharge nutrition therapies

PATIENT

follows the advice and recommendations of the surgical team

A nutrition screening is recommended for patients undergoing an elective surgery.
During your pre-operative appointment, make sure you talk to your healthcare provider about being screened for malnutrition.

POWER-UP FOR SURGERY



Maximize your strength by following a good nutrition plan.

PROTEIN



Make an effort to include protein in every meal and snack. Try to eat lean, high-quality protein (meat, poultry, eggs, dairy, fish, or legumes), which is best for building muscle and healing. Your healthcare provider may also recommend an oral nutrition supplement that is high in protein.

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.

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.

IMMUNONUTRITION



Your healthcare provider may recommend the use of immunonutrition. This blend of key nutrients supports recovery, and can be used before and after surgery to reduce post-surgical infectious complications which may decrease the length of your hospital stay.

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.

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