

Nutrition before Surgery

Your doctor wants you to recover well from your upcoming surgery. Good nutrition will help get your body ready for surgery, heal better after surgery, and fight infection, too. Eating enough calories, protein, vitamins, and minerals will all help speed your recovery. Here are some tips to get your body in good nutritional shape before surgery:

Eating to Heal

- Eat foods that will help your body heal. Good choices are **protein-rich** foods, **whole grains**, **fruits**, **vegetables**, and **dairy** products.
- Eat at least **three times a day**. Don't skip meals.
- Include protein-rich foods with each meal. Some healthy choices are lean meat, fish, poultry, beans, eggs, cheese, nuts, tofu, milk, cottage cheese, yogurt, and protein drinks.
- Drink at least **6 to 8 eight-ounce cups** of fluid each day to stay well hydrated.
- Add a **daily protein drink** if you cannot eat enough food.

What Else Can I Do to Prepare for Surgery?

Your doctor may ask you to meet with a registered dietitian. If you need to improve your nutrition, gain weight, lose weight, or control blood sugar levels before surgery, a registered dietitian will work with you to create a nutrition plan to help you meet your goals.

Registered dietitian contact information: _____

Supplements

Infection is possible after any surgery. Your doctor may suggest a special supplement drink that can help fight infection and decrease complications by nearly half. These drinks are called **immune modulating** supplements. Talk with your doctor about whether this kind of supplement is right for you.

You can find out more about immune modulating supplements and how to make your surgery safer at facs.org/strongforsurgery.