**Enhanced Recovery After Surgery**

**NUTRITION before surgery**

Nutrition plays a vital role in your healing process. Therefore, good nutrition is important before and after surgery. This handout explains the ERAS guidelines for optimal nutrition for surgery.

---

**Work Out**

Work with the Physical Therapy Department to develop your pre- and post-surgery exercise plan.

**Stop Smoking!**

Heal faster and reduce your chance of developing pneumonia. Take advantage of one of our smoking cessation programs.

**Cease Drinking**

2 weeks before surgery.

If you must drink leading up to your surgery, then stop at least 24 hours before your surgery.

**Drink Recommended Nutrition Supplements.**

- Sometimes it can be hard to take in all of the nutrients you need, especially if you do not feel good.
- For that reason the ERAS guidelines suggest that EVERYONE drink **2 nutrition supplement drinks per day for 6 days** prior to surgery. This includes the day before surgery even if you are “on clears.”
- Nutrition supplement drinks include brands like Ensure, Boost, Equate (Walmart), and Market Pantry (Target). Diabetic versions of these drinks include Glucerna (Ensure) and Glucose Control (Boost).

**Malnutrition makes it difficult for your body to heal properly and results in poorer outcomes.** By eating a balanced diet and drinking nutritional supplements prior to surgery, you make it easier for your body to heal.

---

**Night before surgery**

- **4pm and 10pm:** *Drink ENTIRE carbohydrate loading drink (G.E.D.).* (May taste better cold or over ice)
- **8 hours before surgery:** *Stop eating solid food* (may be longer depending if you were given a bowel prep)
- **2-3 hours before surgery:** *Drink water if you are thirsty.*
- **2-3 hours before surgery (before coming to the hospital):** *Drink ENTIRE carbohydrate loading drinks (G.E.D.)*
NUTRITION after surgery

Nutrition plays a vital role in your healing process. Therefore, good nutrition is important before and after surgery. This handout explains the ERAS guidelines for optimal nutrition for surgery.

Inpatient Nutrition following surgery varies for each person. This is the typical flow of diets after surgery. You will be advanced to the next level when your body has adjusted to the current diet.

Step 1: Clear Liquid Diet
Jell-O, broths, apple juice, clear decaffeinated tea and coffee (no cream), apple/grape/cranberry juice, fruit flavored drink, fruit flavored powder, clear flavored gelatin desserts, ices, popsicles, clear hard candy, honey and sugar, fat-free bouillon, fat-free broth

NO STRAWS OR CARBONATED DRINKS
These things may result in excess gas in the GI tract causing unnecessary nausea and bloating.

Step 2: Full Liquid Diet
Everything on the clear liquid diet PLUS creamy soups, milk, pudding, ice cream, sherbet, strained vegetable soup, and tomato juice.

Step 3: Soft/low residue diet
Soft does not mean mushy or easy to chew. This diet contains foods that are easy for your body to digest. Lean meats, cooked vegetables, canned fruit (in own juice), white bread, low fiber cereals (less than 2 grams per serving).

Avoid: spicy or highly-seasoned foods, high-fiber products, raw fruits and vegetables, fried foods, seeds, nuts.

Home!
You will likely be discharged from the hospital on the soft/low residue diet. Try to follow the same diet at home for the first week, and then slowly introduce new foods into your diet.

These tips will help you transition to your new normal diet:
- Eat 6-8 small meals a day
- Use small portions: Your surgery may have affected how much food you can eat at once. Avoid pain from overeating by eating small (3-4oz) portions.
- Wait to drink: Fluids take up space in your stomach. Do not drink 30 minutes prior to eating, and try to wait until 30 minutes after eating to drink again.