

**NUTRITION PLAYS A ROLE IN THE HEALING PROCESS.** Eating a healthy and balanced diet and certain nutrients can speed up your recovery time. Before and after your hospital stay, your body may need extra protein, calories, and other nutrients to help you recover.

### NUTRITION BEFORE AND AFTER SURGERY

- **Eat smaller, more frequent meals** to help maintain your weight and meet your nutrition needs.
- **Recovering from surgery takes a lot of energy.** Be sure to eat well-balanced, nutrient dense foods and meals leading up to your surgery for at least one week.
- **Eat a protein source with your meals** in order to prevent muscle loss from surgery. Examples of protein-rich foods include eggs, fish, seafood, beans, tofu, poultry, beef, pork, yogurt, nuts, and seeds.
- **You may not feel like eating.** Nutrient-rich snacks can help you to meet your nutrition needs when you are not eating large meals. An oral nutrition supplement or homemade protein shake may also be considered a snack or part of a meal. Examples may include Ensure®, Orgain®, Boost®, and Kate Farms®.
- **Your surgery team may recommend an immune-enhancing beverage** to drink before and after surgery to support your body's immune system and promote healing. This may include Impact Advanced Recovery® or Ensure Immunonutrition Shake®. Ask your health care team for instructions on how to take them.
- **You may benefit from taking a daily complete multivitamin** before and after your surgery. Speak to your healthcare team about need for extra vitamin and mineral supplementation.
- **Adequate fluid intake before and after surgery is important** to prevent dehydration and aid in regular digestion. Focus on hydrating with non-caffeinated beverages such as water and decaffeinated teas.
- **You may have diet restrictions or specific nutrition needs for your surgery.** Follow diet instructions given to you by your health care team.



### NUTRITION DURING YOUR HOSPITAL STAY

- After your surgery, we encourage you to start eating when a diet is ordered.
- If you have trouble tolerating your foods, speak to your health care team. You can also ask for a registered dietitian visit while in the hospital.
- If you are to start a tube feeding after surgery, your health care team will provide instructions on managing your tube feeding before discharge. An appointment with an outpatient dietitian is recommended after discharge to ensure you are meeting your nutrition needs with your current tube feeding.

# A GUIDE TO NUTRITION BEFORE AND AFTER SURGERY

## WONDERING IF YOU NEED TO SEE A REGISTERED DIETITIAN?

- Do you want to know how you can improve your nutrition?
- Are you expecting to have a tube feeding before or after your surgery? Do you have questions about how to manage your tube feeding?
- Do you have a decreased appetite or are you eating less than usual?
- Do you have trouble tolerating, eating, or chewing foods you normally eat?
- Have you recently experienced unplanned weight loss or weight gain?

If you answered yes to any of the above, a registered dietitian can help you optimize your nutrition

## HOW TO MAKE AN APPOINTMENT WITH AN OUTPATIENT DIETITIAN

If you do not already have a referral, ask your provider for a referral to see an outpatient dietitian. Once a referral order is in place, the scheduling center will reach out to you to schedule the appointment.

You can also call to make the appointment once you have a provider referral. **Call (323) 442-5100**, then dial "1" for scheduling, then "1" again for the Internal Medicine Department scheduling center.

## CLINIC LOCATIONS

### Keck Medical Center of USC

Willametta Keck Day Healthcare Center (HC2)  
1520 San Pablo St., Suite 1000  
Los Angeles, CA 90033

### Keck Medicine of USC – Downtown Los Angeles

830 S. Flower St.  
Los Angeles, CA 90017

### Keck Medicine of USC - Pasadena

625 S. Fair Oaks Ave., Suite 400  
Pasadena, CA 91105

