

# Oncology Nutrition

A photograph of a modern hospital building with a white facade and multiple stories. The building features a prominent "EMERGENCY" entrance and a "Meiklejohn Critical Care Pavilion" sign. In front of the building, several tall palm trees stand in a row, and a "MemorialCare Saddleback Medical Center" sign is visible on a landscaped area. The sky is clear and blue.

Pre/Post Surgery Nutrition

# Why focus on nutrition?

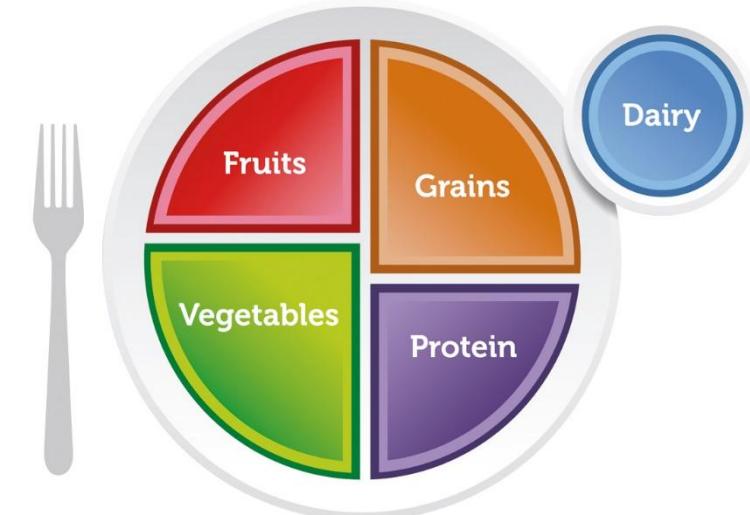
**Reduced risk for complications**

**Improved recovery**



# Pre-Surgery

- **5-7 days targeted nutrition**
  - 2 weeks if poor nutritional status or GI cancer
- **Remove unnecessary dietary restrictions**
- **Think about micronutrients**
  - Iron, thiamin, vitamin B12 and vitamin D



## Protein!



- **Focus on high protein foods with every meal**
- **3 meals per day**
- **Consider 2 high protein supplement drinks daily**
  - Minimum 20g protein per drink  
(Premier Protein, Boost Max, Ensure Max Protein)

# Fasting, Day of Surgery



- Talk with Surgeon on guidelines
- Widely accepted guidelines
  - **Light meals** up to 8 hours before procedure
    - Lower fiber, lower fat, non-fried
    - Toast with jelly, cold or hot cereal, scrambled eggs, nonfat yogurt, juice without pulp
  - **Clear liquids** up to 4 hours before procedure

# Post- Surgery



Following surgery:

- Resume regular diet as soon as approved by MD.
- Eat foods that sound good to you

## Goals

- Continue to focus on **protein** for 1 week
- For wound healing, discuss additional **vitamin C and zinc** with provider
- **Reduce inflammation**
  - Omega 3 fats (olive oil, walnuts, salmon)
  - Colorful fruits/vegetables
  - Limit high sugar/processed foods if appetite good



# Post-Surgery



## Monitor

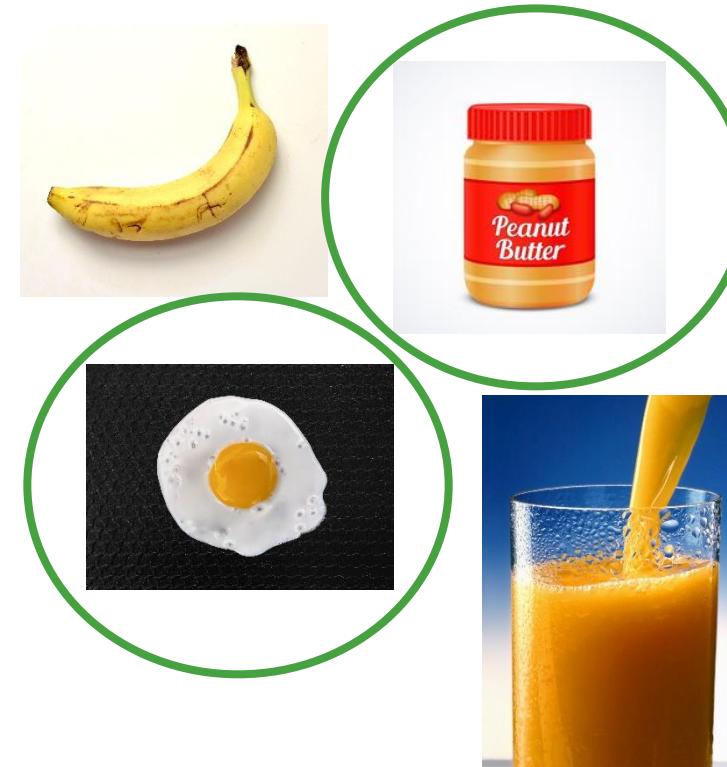
- Blood glucose if diabetic
- Hydration status, urine color
- Bowel movements

## Movement

- As approved by MD
- Aids in recovery

# Test your knowledge! Make a meal higher protein

What can you add to make  
this breakfast higher **protein**?



# Test your knowledge! Make a meal higher protein

What can you add to make  
this breakfast higher **protein**?



# Thank You!



MemorialCare