



Patient & Family Guide
2016

Nutrition Guidelines After Bowel Surgery



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Nutrition Guidelines After Bowel Surgery

These guidelines are for the **first 4 weeks** after surgery. After 4 weeks, **gradually** return to your regular diet. Talk to your dietitian if you have any questions. Every patient is different.

1. Eat smaller meals. Snack if you feel hungry. It is normal to feel full quickly when eating after surgery.

2. Chew your food well.

3. Drink 2 litres (8 cups) of liquid each day.

The best choices are liquids that do not have caffeine or alcohol (such as water, milk, juice, decaffeinated coffee or tea).

4. Have protein with each meal and snack.

Protein is important for healing and preventing infection. Good sources of protein are:

- › Meat
- › Milk products (e.g., cheese, yogurt, milk)
- › Fish
- › Poultry
- › Eggs
- › Smooth nut butters (such as peanut butter)

5. If gas, bloating, or diarrhea is bothering you, try limiting the following foods:

• **High fibre foods:**

- › 100% whole wheat and whole grain products
- › Bran
- › Raw vegetables
- › Nuts and seeds, dried fruit
- › Popcorn
- › Fruit peels

- **Gassy foods:**
 - › **All raw vegetables including salads**
 - › Broccoli
 - › Cabbage
 - › Corn
 - › Pickles
 - › Legumes (e.g., baked beans)
 - › Green & red peppers
 - › Brussels sprouts
 - › Cauliflower
 - › Onion
 - › Turnip
 - › Melon (e.g., honeydew, cantaloupe, watermelon)
- **Fried foods**

6. Foods best tolerated after surgery include:

- **Grain products**
 - › White or up to 60% whole wheat grain products (such as breads, cereals, crackers without nuts or seeds, pasta, rice).
- **Milk products**
 - › All milk products except for those with nuts or seeds.
 - › Non-dairy beverages such as soy, almond, or rice milk.
- **Fruit and vegetables**
 - › Canned or cooked fruit, or soft ripe peeled fruit.
 - › Fruit and vegetable juices.
 - › Soft cooked vegetables such as: carrots, squash, green and yellow beans, white and sweet potato (without the skin).
- **Meat and alternatives**
 - › Meat, fish, poultry, eggs, smooth peanut butter, tofu.

**If you have any questions, please ask.
We are here to help you.**

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

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Please do not use perfumed products. Thank you!

Nova Scotia Health Authority

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The information is not intended to be and does not constitute healthcare or medical advice.

If you have any questions, please ask your healthcare provider.

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The information in this pamphlet is to be updated every 3 years or as needed.