

Nutritional & Medication Considerations

Surgery not only directly affects that which is being operated on, but it also indirectly takes its toll on other bodily functions. This manifests secondarily with dehydration and the effects of anesthesia with perioperative medications. Therefore, preparation for surgery should begin several days before.

Preoperative Nutrition Timeline:

- 7-10 days before, all anti-inflammatory medication should be stopped, including natural blood thinners.
- Starting the day before surgery, consider moving towards a more liquid diet in anticipation of intestinal shutdown associated with perioperative anesthesia and medications. Diet recommendations include chicken broth and basmati rice (low glycemic index) in moderate amounts.
- Drinking a lot of water to maintain hydration is paramount in the days leading up to surgery.
- Avoid all carbonated drinks and limit all sugar the day before surgery.

Postoperative Nutrition:

- Continue to drink adequate amounts of water.
- With food start slow and small until the intestines reawaken. Chicken broth and basmati rice is a nice start for the first day or so after surgery.
- High fiber foods aid with constipation avoidance. Suggestions include Broccoli, rice, vegetables, tomatoes and olive oil, quinoa, blueberries, avocados and grapes.

Medication recommendations:

- Take 1g of Tylenol at lunch and then again at dinner the day before surgery.
- The evening after surgery, start Colace 100mg twice a day until the first bowel movement. Colace is a stool softener and not a promotility laxative.
- For male patients that have BPH (benign prostatic hypertrophy), consider taking Flomax 0.4mg one time per day starting 2 days before surgery and then continuing up to 10 days after if needed.