



Include whole foods, and try to avoid pre-packaged and processed foods.

Improving your nutrition, exercising, and preparing for the day of your surgery are ways that you can help improve your surgery outcome.

Research shows that patients who “prehabilitate” for surgery have fewer post-operative complications and quicker recovery back to their previous functional level.

We have more details on our website:

<https://www.ohsu.edu/digestive-health/preparing-surgery>

More Information on Nutrition and Physical Therapy

Ask your doctor for a referral or, for more information, access these links:

General Nutrition

<https://www.ohsu.edu/food-nutrition/clinical-services>

Cancer Nutrition

<https://www.ohsu.edu/knight-cancer-institute/cancer-nutrition-services>

Physical Therapy

<https://www.ohsu.edu/rehabilitation-services>



**PREPARING
FOR
SURGERY:
MIND & BODY**

*Oregon Health & Science University
Portland, Oregon*

Nutrition

Proper nutrition before surgery has a significant impact on recovery.

Include more plant-based foods:

Consume 5 or more servings of fruits and vegetables daily. Make at least half of your grains whole grains. These foods provide important vitamins, minerals, antioxidants, and fiber.

Eat 3 to 4 ounces (25-30 grams) of lean protein at every meal three times per day.

Protein Content of Common Foods

Food	Protein
5-6 oz. low fat Greek yogurt	10-15 g
½ cup low fat cottage cheese	14 g
1 can tuna, 3 oz	25 g
1 chicken breast (3oz.)	21 g
1 egg	6 g
½ cup tofu, beans & lentils	7 g
½ cup Quinoa or brown rice	2-4 g
¼ cup nuts & seeds	7 g
1 scoop whey protein powder	15-25 g*

*varies based on brand

Eat probiotic-containing yogurt or kefir daily that has one or more of the following: *L. rhamnosus*, *L. casei*, *L. plantarum*, *L. reuteri*.

Beginning 5 days before your surgery:

Drink **three** cartons of Impact AR® every day between meals, for a total of 15 cartons.

Where to purchase: OHSU pharmacies or VA for veterans

Home Delivery: Nestle Nutrition

1-888-240-2713 Discount code:

10573



Physical Activity

The 3-4 weeks before your operation is the best time to train your body for surgery with regular aerobic exercise, strength training, and balance exercises.

Physical Activity Goals Before Surgery:

1. Exercise 30 minutes per day. It can be continuous or broken up into multiple sessions.
2. Do strengthening exercises 3 days per week. Try every other day.

How hard should you be working when you exercise?

You should be exercising at a moderate pace. This means, during your daily 30 minutes of exercise you should be able to carry on a conversation.



Exercise Examples:

1. Aerobic exercise
Walking, biking, swimming, canoeing, mowing the lawn
2. Strength training
Light weights (3-10lbs), squats, bands
Reference: 1 gallon of milk is 8lbs
3. Balance
Yoga, sit to stand, walk one foot in front of the other

How to Prepare:

Before Your Surgery:

Visit www.ohsu.edu/digestive-health/surgery-walk-through for a walk through of the days leading up to your surgery.

Prepare your home for surgery:

- If you have stairs in your home it may be helpful to set up a temporary bedroom and bath on the main floor
- A shower or bath bench to sit on is a safe option for bathing
- A reacher can help you pick up objects from the floor

After Surgery:

When you are in the hospital:

- You will be expected to walk 3 times per day and sit in a chair for meals to prevent complications and get you ready for home
- The physical therapist will visit you in the hospital and assist you with exercises and walking
- The occupational therapist may visit to assist you with dressing and self-care

Review of post-operative precautions:

- No bending, or twisting
- No lifting more than 10lbs. for 6-8 weeks after surgery
- Log rolling in and out of bed