



*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](http://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