



Your Diet and Preparing for Surgery



YOUR DIET & PREPARING FOR SURGERY

ONE WEEK PRIOR TO SURGERY

- Stop all nutritional supplements (vitamins/minerals including iron and calcium)

THE DAY BEFORE SURGERY

- Follow a ***Low Fiber Low Residue Diet*** (refer to “recommendations” for this diet and “sample menus” on the following pages)
- ***Do not eat any solid food after midnight***

DAY OF SURGERY

- Take ***CLEAR FLUIDS ONLY*** up to 2 hours before surgery ***OR up until ARRIVAL AT THE HOSPITAL.*** *Do not eat or drink anything after arriving at the hospital*

CLEAR FLUIDS

ALLOWED	NOT ALLOWED
Water Apple, Cranberry & Grape Juice Gatorade Black Coffee or Tea Clear Broth Gingerale and Seltzer Jello and Italian Ice	Milk or Dairy Products (including in coffee and tea) Citrus Juices Prune Juice Juices with Pulp Any food or beverage not listed in the “allowed” column

LOW FIBER/LOW RESIDUE DIET

The following Low Fiber/Low Residue diet is to be used ***the day before surgery***. A low fiber/residue diet reduces the amount of waste that moves through the intestines, which is helpful in preparing for surgery. This diet is not nutritionally complete, and is intended to be used for a short duration only.

Food Group	Recommended foods	Foods to avoid
Milk and dairy ***limit to 2 cups daily	Milk or lactose-free milk; almond, rice or soymilk; yogurt (plain or vanilla), soy yogurt (plain or vanilla flavor); cottage cheese, cream cheese, ricotta cheese and aged cheese; ice cream or frozen yogurt; butter or margarine	Yogurt or ice cream with nuts, seeds or fruit; more than 2 cups daily from milk and dairy group
Meat and other proteins	Ground or tender, well-cooked lean meats, poultry, fish, eggs and soy prepared without added fat	Legumes (dried beans), nuts, nut butters, seeds and tough fibrous meats
Grains	Enriched white bread and rolls; white rice, noodles, pasta, and cooked potatoes (no skin); plain crackers; farina, cream of wheat, and grits; cold cereal: Rice Krispies, Puffed Rice and Corn Flakes	Whole grain, whole wheat, rye, cornbread or pumpernickel bread; breads made with nuts, seeds or fruits; whole wheat pasta; whole grains such as brown rice, buckwheat, bulgur, oats, corn and kasha, whole grain cereals, bran cereals, granola-type cereals, and cereals with nuts, seeds, coconut or dried fruit
Fruits	Fruit juice without pulp; canned or cooked fruits without skins or seeds; ripe banana; soft cantaloupes, honeydew melons, seedless watermelon; peeled apple	All other raw fruits including berries, citrus fruits, grapes, pears and pineapple; prunes and prune juice; dried fruit
Vegetables	Strained vegetable juice; most well cooked or canned vegetables without seeds and skin, such as potato without skin, tomato sauce, pureed spinach, green beans, carrots and asparagus tips; iceberg lettuce	<u>ALL</u> raw or partially cooked vegetables <u>AND</u> beets, broccoli, cauliflower, brussels sprouts, cabbage, sauerkraut and corn; greens (mustard, turnip, spinach, collards); lima beans, peas, mushrooms, okra, onions, parsnips, peppers, potato skins, tomatoes and winter squash
Beverages	Water, apple or cranberry juice, coffee, tea, carbonated drinks; bouillon or strained broth	Limit milk and dairy products to 2 cups per day
Fats, snacks, sweets and condiments	Vegetable oil, butter, margarine, ketchup, vinegar, mayonnaise; plain cookies and cakes; fruit ice, jello, custard, jelly (seedless), honey, sugar or syrup	Any made with whole grain flour, bran, seeds, nuts, coconut or dried fruit; nuts, seeds, and popcorn

SAMPLE LOW FIBER/LOW RESIDUE DIET—GENERAL

Breakfast

1/2 cup apple juice
3/4 cup corn flakes
1 slice white toast
1 tsp. margarine
2 tsp jelly
1 cup lowfat milk
coffee/tea

Breakfast

1/2 cup orange juice (strained, no pulp)
1 cup cream of wheat
1 scrambled egg
1 slice white toast
1 tsp margarine
2 tsp jelly
1 cup lowfat milk
coffee/tea

Lunch

1 cup chicken noodle soup
3 oz lean hamburger on bun
(white, no seeds)
1 cup vanilla yogurt (no
fruit/seeds) OR 1 cup lowfat milk
1/2 cup canned peaches
tea

Lunch

1/2 cup grape juice
3 oz lean roast beef
baked potato (no skin)
1/2 cup well cooked carrots
1 small white dinner roll
1 tsp margarine
1/2 cup canned pears
tea

Dinner

1/2 cup cranberry juice
3 oz chicken breast
1/2 cup mashed potato
1/2 cup well cooked green beans
1 slice white bread
1 tsp margarine
1/2 cup applesauce
tea

Dinner

3 oz baked fish
1/2 cup white rice
1/2 cup well cooked asparagus tips
1 slice white bread
1 tsp margarine
1/2 cup Italian ice
tea

Snack

1 cup lowfat milk
4 graham crackers

SAMPLE LOW FIBER/LOW RESIDUE DIET—LACTOSE RESTRICTED AND DIABETIC

Breakfast

1 scrambled egg
1 slice white toast
1 tsp margarine or butter
1 cup cream of wheat or farina
1/2 cup apple juice
coffee/tea

Lunch

1 cup chicken noodle soup
3 oz turkey
2 slices white bread
1 tsp mayonnaise
1/2 cup soft melon or cantaloupe
tea

Dinner

3 oz baked fish
1 cup white rice
1/2 cup well cooked green beans
1 white dinner roll
1 tsp margarine or butter
1/2 cup canned peaches in
natural juice
tea

Snack

5 vanilla wafers
1 cup soymilk or 1 cup Lactaid milk