

2014

What to Eat After Whipple Surgery



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During Whipple surgery, parts of the stomach, small bowel, and pancreas are removed. These organs are important for digesting your food. After surgery you may need to make some changes to your diet to help you feel more comfortable.

Tips:

- **Eat at least 6 small meals or snacks each day.**
- **Eat slowly. Chew your food well.**
- **Drink at least 6-8 cups (1500 -2000 ml) of fluid a day.**
 - › Try drinking liquids at least 30 minutes before or after meals instead of with meals. This may help you not feel full too quickly.
- **Have protein with each meal and snack.**
 - › You need protein to help you heal. Good sources are meat, poultry, fish, eggs, milk products, and smooth peanut butter.
- **Do not eat fried or greasy foods.**

If you have any questions, please ask.

We are here to help you.

To help with gas and bloating:

- For **the first 4 weeks after surgery**, do not eat raw vegetables or raw fruits (except the “good choices” listed above), nuts, seeds, or popcorn. **Do not eat these gassy foods:**
 - › Baked beans
 - › Broccoli
 - › Brussels sprouts
 - › Cabbage
 - › Cauliflower
 - › Corn
 - › Green peppers
 - › Onions
 - › Pop
 - › Turnips

Slowly add these foods back in to your diet at least 4 weeks after surgery.

- Good fruit and vegetable choices for the first 4 weeks after surgery:
 - › Bananas
 - › Canned and cooked fruits
 - › Canned and cooked vegetables such as carrots, squash, and string beans
 - › Fruit and vegetable juices
 - › Peaches, plums, pears, and mangoes (peeled)
 - › White and sweet potatoes (peeled)

Do I need to take pancreatic enzymes?

After Whipple surgery your body makes fewer enzymes that help digest your food. You may need to take enzymes if you have:

- Stool that is loose, bad-smelling, oily, and light-coloured
- Pain, bloating, and/or gas
- Weight loss

Talk to your doctor if you are having the symptoms listed above.

What if my stomach is slow to empty?

Your stomach may take longer to empty. You may feel bloated or full for hours after meals. This should get better within a few weeks. These diet tips may help you feel better if your stomach is slow to empty:

- **Do not eat big meals. Have small meals more often.**
- **Chew foods well, especially meats.**
- **Sit up during and after meals.**
- **Limit high fibre foods.** Choose plain white bread, rolls, and bagels instead of whole wheat options. Choose cereals that have no more than 2 grams of fibre per serving. Do not eat raw fruits and vegetables, nuts, seeds, or popcorn.
- **Do not eat high fat, greasy, or fried foods.**

If you have tried all this and still do not feel better, you can try a liquid or pureed diet. Try liquids high in calories such as milkshakes or nutrition drinks.

What if I am losing weight?

It is important that you eat enough to maintain (keep up) your weight and to help you heal. If you are losing weight, try these **high calorie, high protein snack ideas**:

- Granola bars.
- Muffins, biscuits, scones, bagels with cream cheese, jam or peanut butter.
- Scrambled, poached, or hard cooked eggs.
- Cheese and crackers.
- Cold sliced meat or poultry. Try it in a wrap or sandwich.
- Canned tuna or salmon with mayo in sandwiches or crackers.
- Pudding, yogurt, or custards.
- Ice cream, sherbet, or frozen yogurt.
- Smoothies, milkshakes, egnogs, floats.
- Whole milk, soymilk, chocolate milk, hot chocolate.
- Boost®, Ensure®, Nestle Breakfast Anytime® or other nutrition drinks.

Let your doctor know if you are still losing weight more than 1 month after surgery.

Looking for more health information?

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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