

## Nutrition After Your Whipple Surgery

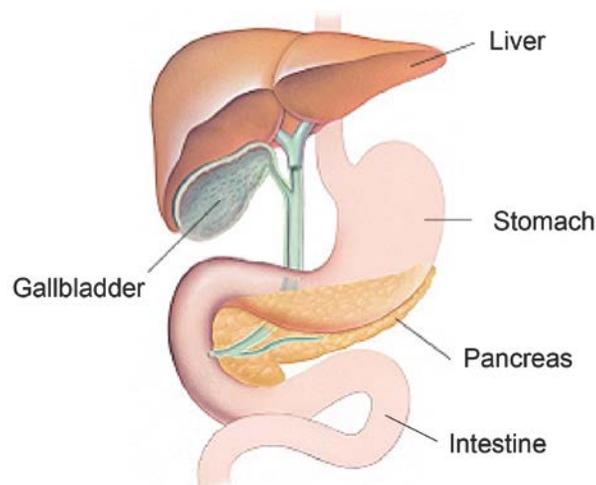
### *Eating to help your recovery*

*This handout gives eating tips to follow after having whipple surgery.*

### Why do I need a special diet after surgery?

Your whipple surgery removed some of your digestive system, including your gall bladder and part of your pancreas, intestine, stomach, and bile duct. As a result, your body can handle only a little food at one time.

Follow the tips in this handout for 4 to 6 weeks after your surgery. This will help your body get the nutrients it needs for healing.



*Whipple surgery removes the gall bladder and part of the pancreas, intestine, stomach, and bile duct.*

### Goals

This diet provides a good variety and quantity of food, which will help:

- Healing after surgery
- Prevent too much weight loss
- Avoid problems related to eating

### Eating Tips

- **Eat 5 to 6 small meals during the day.** After surgery, you may only be able to eat small amounts at a time. Eating small meals more often helps you get the nutrients you need for healing.
- **Stay hydrated.** Drink 48 to 64 ounces (6 to 8 cups) of fluid throughout the day. But, do **not** drink large amounts of fluid with your meals. Stop drinking fluids at least 30 minutes before meals, and wait 30 minutes after meals to start drinking them again.
- **Eat foods high in protein to help with healing.** See the table on page 2 for a list of protein foods you can eat.

- **Drink nutrition supplements.** This is very important if you cannot get enough energy from food. Ask your dietitian for a list of nutrition supplements such as Boost, Ensure, or Carnation Instant Breakfast.
- **Eat slowly and chew your foods well before swallowing.**
- **Stop eating when you feel full.**
- **Try not to lose weight.** This is important even if you are overweight, because not eating enough food can delay healing. Talk with your dietitian for ideas about how to maintain your weight, if needed.

### What You Can Eat in the First 4 to 6 Weeks

Food Group	What to Eat
<b>Dairy and Protein</b>	Milk products as you can handle them, lactose-free products, yogurt and pudding with no sugar added, low-fat cheese, low-fat cottage cheese, tender meat, poultry, low-fat refried beans Small amounts of hummus, eggs, smooth nut butter (peanut, almond)
<b>Grains</b>	White or whole-grain crackers, pasta, breads and rolls without nuts or seeds, pretzels, rice, unsweetened cereals
<b>Vegetables</b>	Raw and cooked vegetables, vegetable juice Vegetables that can cause gas are OK if you can handle them (beets, broccoli, Brussels sprouts, asparagus, cabbage, mustard and turnip greens, cauliflower, corn, peas, onions, and beans)
<b>Fruits</b>	Fresh fruit, fruit canned in natural juice, unsweetened fruit juice
<b>Desserts</b>	Low-sugar gelatin (Jell-O), low-calorie popsicles, sugar-free desserts
<b>Drinks</b>	Water, diluted fruit juice; noncarbonated, sugar-free or low-sugar drinks
<b>Nutrition Supplements</b>	Boost, Carnation Instant Breakfast, Ensure, Glucerna
<b>Condiments</b>	Salt, pepper, mild-flavored sauces and gravies, spices as you can handle them, artificial sweeteners, low-calorie jelly

## What Not to Eat for the First 4 to 6 Weeks

Food Group	Do Not Eat
<b>Dairy and Protein</b>	Cocoa mixes, regular ice cream, chocolate milk, sweetened custard or pudding, regular yogurt, milkshakes, fried meats, lunch meats, bologna, salami, sausage, hot dogs, bacon, tough or stringy meats, nuts, chunky nut butters
<b>Vegetables</b>	Fried vegetables
<b>Fruits</b>	Dried fruit, fruits with small seeds such as berries and kiwis, juice with added sugar
<b>Sweet Foods and Desserts</b>	Sugary cereals, doughnuts, sweet rolls, regular popsicles, regular gelatin (Jell-O), cake, pie, sherbet
<b>Drinks</b>	Carbonated drinks, soda, sweetened drink mixes, fruit-flavored drinks, sweetened iced tea, alcohol, coffee, non-diluted juice
<b>Condiments</b>	Large amounts of sugar, jam or jelly

## Possible Problems After Your Surgery

This table lists some problems you may have after your surgery. It tells what you to do to help resolve the problems.

Problems	Symptoms	What to Do
<p><b>Stomach empties slowly after eating</b> Common complaint after surgery – it usually gets better within a few weeks to months</p>	<p>Nausea, vomiting, bloating, feeling full early, and abdominal pain</p>	<ul style="list-style-type: none"> <li>• Eat small meals often during the day. Divide your daily intake into 5 to 6 small meals.</li> <li>• Chew foods well before swallowing.</li> <li>• Liquids may work better than solids. Try slowly drinking or eating full liquids such as soups, smoothies, milk, and yogurt between meals.</li> <li>• Choose low-fat, low-fiber soft foods.</li> <li>• Take a walk after eating to help with digestion.</li> <li>• Ask your doctor if you need medicine to help your stomach empty faster.</li> </ul>

<b>Problems</b>	<b>Symptoms</b>	<b>What to Do</b>
<b>Abdominal Bloating and Gas</b>	Abdominal pain and distention, gas	<ul style="list-style-type: none"> <li>• Avoid vegetables that can cause gas. These include asparagus, beans, beets, broccoli, Brussels sprouts, cabbage, cauliflower, corn, mustard and turnip greens, peas, and onions.</li> </ul>
<b>Problems with digesting and absorbing food</b> Caused by diseased pancreas or the removal of part of the pancreas	Changes in stools (bad-smelling, oily, frothy, very light in color), weight loss	<ul style="list-style-type: none"> <li>• Talk with your doctor about pancreatic enzymes if you have any of these symptoms.</li> <li>• If prescribed, take pancreatic enzymes with meals as directed.</li> <li>• After the first 4 to 6 weeks, you do not need to follow a low-fat diet if you are taking pancreatic enzymes. But, if your doctor advises you to follow a low-fat diet, make sure you get enough energy and nutrients to prevent weight loss.</li> </ul>
<b>Diabetes</b> Caused by less insulin being produced by the pancreas	Feeling very thirsty and hungry, needing to urinate often, fatigue, weight loss	<ul style="list-style-type: none"> <li>• Monitor your blood glucose level closely as advised by your doctor.</li> <li>• Your doctor, registered dietitian, or diabetes educator will teach you about the diet that is best for you.</li> </ul>

## Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Food and Nutrition Services:  
206.598.4151

Your dietitian or diet technician:  
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