

Patient Information

Advice about Eating & Drinking prior to Operation

Eating and drinking

At preadmission clinic you will be given 6 nutritional supplement drinks (fortisip/fortijuice/ensure plus) to take home with you.



Take 3 of these drinks a day (as well as food) for the 2 days before your operation.

If you find them difficult to drink:

- Fortisip/Ensure can be diluted with milk.
- Lemonade/water can be added to fortijuice. Both can be chilled.

You will continue these drinks 3 times a day while you are in hospital.

Carbohydrate drink






The evening before and the morning of your operation you will also be given a carbohydrate drink called Nutricia PreOp. You will need to drink 4 cartons during the evening before surgery.

Low fibre diet

For 5 days before your operation you should follow a low fibre diet in order to reduce the waste in your bowel. Choose foods from the "allowed" column only. You will be able to eat until midnight the evening before surgery (unless otherwise advised). After your operation you will be able to drink, and you can start to eat the next day. There is no need to stick to the low fibre diet after your operation.

Low Fibre Diet: please follow 5 days preoperatively.

| | FOODS ALLOWED | FOODS TO AVOID |
|---|--|---|
| BREAD, CEREALS & POTATOES  | White bread Cornflakes, Rice Krispies White rice and pasta Potatoes without skins <i>e.g. boiled, mashed, chipped</i> | Wholemeal bread Porridge Wholewheat varieties <i>e.g. weetabix, branflakes.</i> Potato skins Wholemeal biscuits and crackers, flapjacks and oatcakes |
| FRUIT  | Soft/ripe peeled fruit without pips or seeds <i>e.g. tinned fruit</i> <i>peaches, plums, melon, apricots, nectarines, ripe bananas</i> | Dried fruit Citrus fruit Berries <i>e.g. strawberries raspberries blackberries any currants Prunes</i> |
| VEGETABLES  | Peeled, well cooked vegetables <i>e.g. carrots, parsnips swede, broccoli and cauliflower florets</i> | Tough, stringy Vegetables, salads <i>e.g. raw vegetables, cabbage, peas, sweetcorn, sprouts, onions</i> |
| MEAT, POULTRY, FISH & ALTERNATIVES | Tender, lean meat and poultry Fish Eggs | Beans, pulses and lentils <i>e.g. baked beans kidney beans chick peas</i> |
| MILK & DAIRY PRODUCTS | All dairy products except yoghurt with berries | Yoghurts with berries |
| FATTY & SUGARY FOODS | Seedless jam, Shredless marmalade Plain cakes and biscuits | Seeded jam, Shredded marmalade Wholemeal cakes and biscuits Sweets, cakes or biscuits with nuts/dried fruit |
| BEVERAGES | All | |
| MISC | Meat/fish soups with "allowed" vegetables | Lentil/vegetable soups Pickles/Chutneys Horseradish Relish Popcorn, coconut |

"This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg".