

## Colorectal Surgery Diet: Post-op

Nutrition is an important part of your recovery. It helps promote wound healing, decrease the risk of infection, and maintain strength. We will help you get the best nutrition and find foods you can tolerate.

To promote oral intake and prevent discomfort, you will be on a colorectal surgery diet for about two weeks until your post-op visit. Use these tips to prevent bowel discomfort while your bowels are healing.

Types of Food	Foods to Choose	Foods to Avoid
<b>Grains/Starches</b>	<ul style="list-style-type: none"> <li>White bread, rolls, biscuits, and crackers without seeds and nuts</li> <li>White rice or brown rice</li> <li>White pasta</li> </ul>	<ul style="list-style-type: none"> <li>Bread or pasta made with whole grains</li> <li>Products made with high amounts of seeds or nuts</li> </ul>
<b>Cereals</b>	<ul style="list-style-type: none"> <li>Cereals like Corn Flakes<sup>®</sup>, Honey-Nut Cheerios<sup>®</sup>, or Rice Krispies<sup>®</sup></li> <li>Refined cooked cereals like cream of wheat or oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain and bran cereals</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>Canned fruit like applesauce, mandarin oranges, peaches, pears, and fruit cocktail</li> <li>Melons, orange, and banana</li> <li>Fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Fruit juice with pulp and prune juice</li> <li>Fruit with skin like grapes, blueberries, prunes, pineapple, and apple</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Mashed or baked potatoes (do not eat the skin)</li> <li>Steamed vegetables without skins or seeds such as mushrooms, cauliflower, stewed tomatoes, peas, peppers, onions, and canned green beans</li> <li>Vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>Cooked greens or spinach</li> <li>Most raw vegetables</li> </ul>
<b>Beans/Lentils</b>	<ul style="list-style-type: none"> <li>Refried beans</li> </ul>	<ul style="list-style-type: none"> <li>All whole beans including kidney, garbanzo, black, navy, soy, and pinto beans</li> <li>Lentils</li> </ul>
<b>Meats, Poultry, Fish, Eggs, Nuts, and Seeds</b>	<ul style="list-style-type: none"> <li>Meat, poultry, fish, eggs</li> <li>Smooth peanut and nut butter</li> </ul>	<ul style="list-style-type: none"> <li>Crunchy peanut and nut butter</li> <li>Meats with casing like brats and hot dogs</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>Milk, cheese, yogurt, sour cream, and any dairy products as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>Buttermilk and active culture yogurts (can cause gas and odor)</li> </ul>
<b>Drinks</b>	<ul style="list-style-type: none"> <li>Coffee, tea, and cocoa</li> <li>Fruit juices</li> </ul>	<ul style="list-style-type: none"> <li>Prune juice and carbonated beverages</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>Sherbet, frozen yogurt, ice cream, and popsicles made without berries, seeds, or nuts</li> <li>Cookies, pastries, pies, puddings, custards, and candy made without berries, seeds, or nuts</li> <li>Sugar, honey, molasses, corn syrup, and jelly</li> </ul>	<ul style="list-style-type: none"> <li>Any dessert or sweet made with a high amount of nuts, berries, seeds, or coconut</li> </ul>

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2024 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8337.