

Colorectal Surgery Diet After Surgery

Nutrition is an important part of your recovery. It helps promote wound healing, decrease the risk of infection, and maintain strength. Our goal is that you find nutritious foods you can tolerate. Follow the diet tips below until your clinic visit after surgery to prevent bowel discomfort while healing.

Types of Food	Foods to Choose	Foods to Avoid
Grains/ Starches	<ul style="list-style-type: none"> White bread or Wheat bread, rolls, biscuits, and crackers without seeds and nuts White rice or brown rice White pasta or pasta made with whole grains 	<ul style="list-style-type: none"> Products made with high amounts of seeds or nuts
Cereals	<ul style="list-style-type: none"> Cereals like Corn Flakes®, Honey-Nut Cheerios®, or Rice Krispies® Refined cooked cereals like cream of wheat or oatmeal, whole grain and bran cereals 	<ul style="list-style-type: none"> Cereals with nuts
Fruits	<ul style="list-style-type: none"> Canned fruit like applesauce, mandarin oranges, peaches, pears, and fruit cocktail Melons, oranges, bananas, and peeled apples Fruit juice with/without pulp 	<ul style="list-style-type: none"> Fruit with skin like grapes, blueberries, prunes, and apple Prune juice
Vegetables	<ul style="list-style-type: none"> Mashed or baked potatoes (do not eat the skin) Steamed/sauteed vegetables such as mushrooms, peas, peppers, onions, and green beans Vegetable juice 	<ul style="list-style-type: none"> Most raw vegetables like carrots, broccoli, lettuce, greens
Beans/Lentils	<ul style="list-style-type: none"> Refried beans All cooked whole beans including kidney, garbanzo, black, navy, soy, and pinto beans Lentils (cooked) 	<ul style="list-style-type: none"> None
Meats, Poultry, Fish, Eggs, Nuts/ Seeds	<ul style="list-style-type: none"> Meat, poultry, fish, eggs Peanut and nut butters 	<ul style="list-style-type: none"> None
Dairy	<ul style="list-style-type: none"> Milk, cheese, yogurt, sour cream, and any dairy products as tolerated Some active culture yogurts can cause gas 	<ul style="list-style-type: none"> None
Drinks	<ul style="list-style-type: none"> Coffee, tea, and cocoa Fruit juices 	<ul style="list-style-type: none"> Carbonated beverages Prune juice High sugar beverages
Desserts	<ul style="list-style-type: none"> Sherbet, frozen yogurt, ice cream, and popsicles made without berries, seeds, or nuts Cookies, pastries, pies, puddings, custards, and candy made without berries, seeds, or nuts Sugar, honey, molasses, corn syrup, and jelly 	<ul style="list-style-type: none"> Any desserts/ sweets high in sugar or made with a high amount of nuts, berries, seeds, or coconut

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 © 7/2024. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8337