



3 WEEKS
FOLLOWING
SURGERY

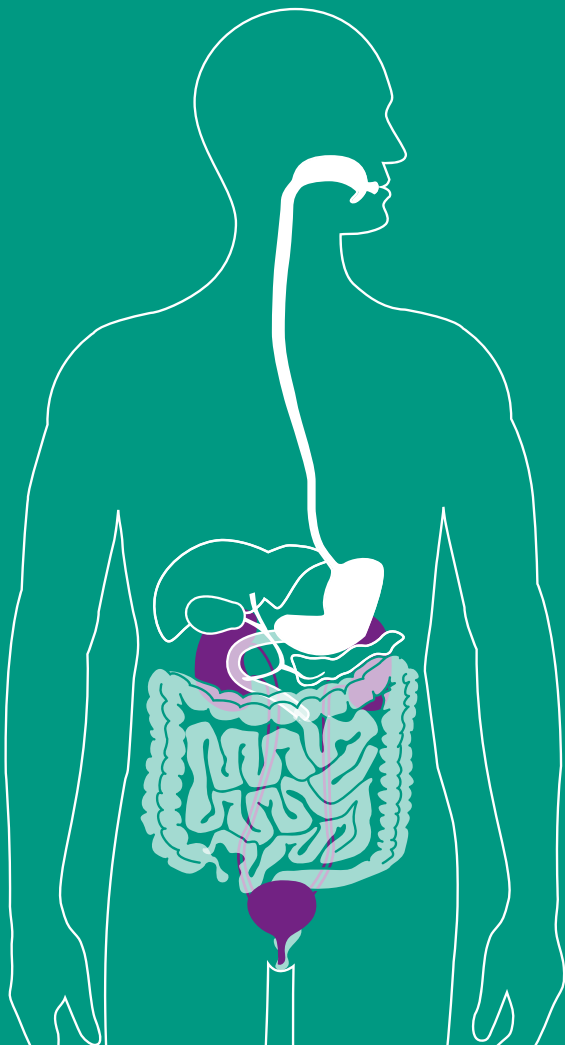
FOLLOWING SURGERY NUTRITION PATIENT BOOKLET

Nutritional monitoring

For 3 weeks following a procedure on the digestive tube or the urinary system, it is necessary to follow a **specific diet** in order to recover.

Certain **categories of foods or drinks** irritate the intestine and may **lead to delayed healing**.

The only foods that keep an optimal capacity to be absorbed are **starches**
They are also our key energy source



STEP BY STEP DIET



Step 1

the first few days after the procedure:
mild coffee, lemon water, water with
syrup

Step 2

mild coffee, lemon water, water with
syrup, fruit puree



Step 3

1/2 portion of blended food (starches and
proteins) with no irritating foods (next
section) or vegetables

Notes:

Step 4

Increase quantities and textures progressively



Step 5

Balanced diet, refer to the corresponding sheet

Your surgeon or doctor will tell you about the progression of each step

Notes:

AN APPROPRIATE NUTRITIONAL SURVEILLANCE

FOOD ALLOWED 🍷



Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina

Proteins

- Fish
- Meat
- Eggs
- Ham



Notes:

FOOD TO BE AVOIDED

Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Pulses (chickpeas, lentils, peas, beans)



Irritating foods and drinks



- Milk and dairy products (yoghurt, cottage cheese)
- Raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas

Some sauces

- Avoid spicy or cream based sauces



Notes:

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