

If you have been experiencing nausea and/or vomiting:

Talk to your surgeon or GP about anti-nausea medication which may help.

- Keep up your fluid intake to avoid dehydration.
- Start with sipping on fluids every 30mins such as juice, flat lemonade and ice blocks.
- After fluids, trial dry foods such as plain crackers, white bread/toast.
- Avoid skipping meals as an empty stomach can make nausea worse.
- Try having cold foods rather than hot strong-smelling foods. For example, cold drinks, yoghurts, ice cream, cheese.

If you are experiencing any swallowing issues:

Talk to your surgeon or GP to identify the cause of your swallowing issues. They may be able to refer you to a dietitian, especially if you are starting to have unplanned weight loss.

You may find softer texture foods such as porridge, soups, minced meals, mashed foods, yoghurt, ice cream and milk shakes or smoothies easier to swallow.

If you have experienced unplanned weight loss and poor appetite:

- Aim to prevent any further weight loss.
- Eat regular meals with snacks during the day. Avoid skipping meals.
- You may find having small frequent meals is better tolerated.
- Make each mouthful count by fortifying meals to add extra energy (refer below).

Ideas to add extra energy:

- Add grated cheese or sour cream.
- Add gravies or sauces to dishes.
- Use thick spreads of butter, margarine, peanut butter/nut butter. Add mayonnaise in sandwiches.
- Have dried fruit as a snack. Add whipped cream, ice cream or Greek yoghurt to fruit.
- Choose full fat milk and yoghurt.
- Have milky puddings such as custard, yoghurt or instant puddings as a snack.

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Te Matau a Māui Hawke's Bay

Eating well before surgery

Nutritional Information

Eating well and optimising your nutrition before surgery will help with healing and recovery after surgery.

To eat well means trying to eat a variety of foods from the different food groups.

Try to eat regular meals with snacks during the day. Now is not the time to try to lose weight.

Eat a variety of foods from these main food groups:

Meat and meat alternatives

These help maintain muscle strength and promote healing after surgery. This includes meats such as beef, lamb, pork, fish other sea food, chicken, eggs and plant-based protein foods such as beans, legumes, nuts, seeds and tofu.

Dairy products and milk alternatives

These help promote healing and calcium intake which helps with bone health. This group includes milk, yoghurt, cheese, ice cream. If choosing alternative milk or yoghurts made from soy, oats, rice etc. choose one with higher protein and calcium content.

Fruit and Vegetables

These foods contain a lot of vitamins and

minerals which contribute to healing and help support your immune system. This includes fresh, frozen and dried fruit and vegetables

Breads and Cereals

These foods are a source of fibre* which helps the digestive system, and provides vitamins and minerals to help the immune system. They include foods such as breakfast cereals, grains, bread and rice.

*There may be some circumstances you could be advised to reduce/modify your fibre intake depending on your surgery. Please follow your surgeon/specialist's advice.



If you have been experiencing change in bowel habits:

Talk to your surgeon or GP to find out the cause. In some cases, you may be advised to have a high fibre or low fibre diet.

Low fibre foods	Higher fibre foods
Bread made from white flour such as white bread, bagels, water crackers and croissants.	Breads using whole meal and whole grain flours such as whole grain bread.
Breakfast cereals such as rice bubbles and cornflakes.	Breakfast cereals such as porridges, bran flakes, all bran and muesli.
Fruit and vegetables (remove pips, skins and seeds). Choose banana, apple, pear, potato, kumara, pumpkin, carrot, cauliflower.	Increase fruit and vegetable intake – if suitable eat the skins, pips and seeds.
Meat, fish, chicken, eggs, tofu and dairy products.	
Ensure you have adequate fluid intake. Aim for 6-8 cups a day.	