

Preparation for Whipple's

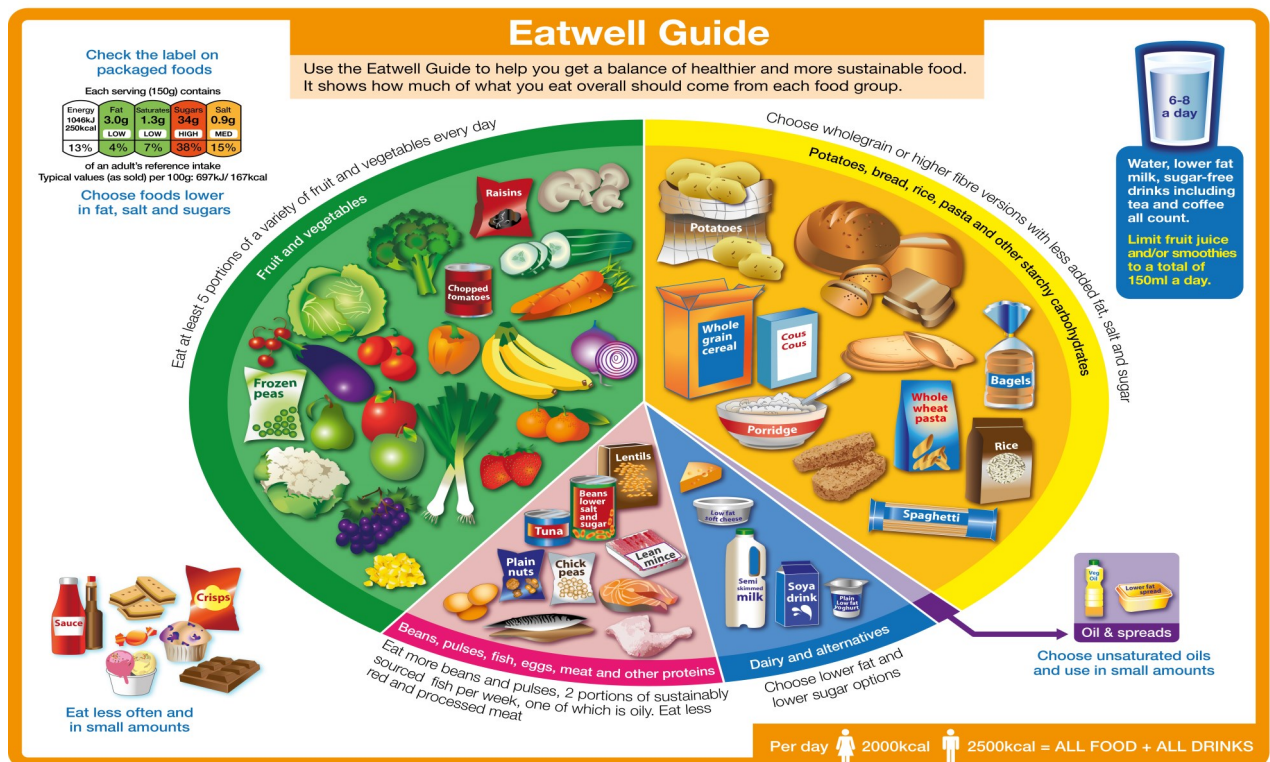
Dietary information

If you are going for surgery, now more than ever it is important to eat well.

The aim in the build up to surgery is to stabilise your weight as much as possible and minimise any potential weight or muscle loss. Evidence shows that the stronger you are before surgery reduces the risk of post-operative complications and increases the chances of faster recovery.

If your weight has been stable and your appetite is good it is about ensuring you are having a balance diet, consisting of all the food groups.

- Aiming to have at least three meals per day
- Source of protein at each meal time e.g. meat, fish, Quorn, beans/pulses
- Starchy carbohydrates at each meal time e.g. Pasta, rice, bread
- Dairy products or dairy-free alternatives e.g. milk, yoghurts, cheese to support bone health
- 5 portions of fruit and vegetables each day
- Ensure you are drinking plenty of fluids, aiming for 6-8 glasses each day
- Vitamin D supplementation is recommended for all adults living in the UK, this can be taken as part of a standard A-Z multivitamin (recommended amount of Vitamin D is 10microgrms/ μ g each day).



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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What if I am struggling with my appetite?

If you have been losing weight due to poor appetite or feeling full quickly it is important to try and maximise your calorie intake. If you are not taking in enough calories and protein from your food then your body takes this from your muscles leading to muscle loss.

Methods for maximising intake:

- If you have a poor appetite / early satiety you may find following a little and often meal pattern an easier way to ensure adequate calories are being consumed. This means taking three smaller meals per the day plus additional snacks.
- Enriching your meals with extra calories can increase the nutritional value of them without increasing the portion size e.g. adding cream/cheese/milk/butter to soups, scrambled eggs, mashed potatoes etc.
- Ensuring you are picking full fat options where possible and avoiding diet/low fat products
- Try and include good protein sources at meal times and as part of snacks between meals e.g. high protein yoghurts, glasses of full fat milk, cheese and crackers etc
- Taking high kcal drinks can be helpful in between meals e.g. home made milkshakes, smoothies, milky coffees or hot chocolates.

This is first line advice, if you are continuing to lose weight it may be beneficial to be referred to a dietitian for more specialist advice/a prescription of high calorie nutritional supplement drinks.

Your consultant or specialist nurse may recommend you take a medication called Creon, this is because your tumour is blocking the excretion of enzymes from your pancreas that help with the digestion and absorption of food. As a result of this your stools may be pale in colour, floating and difficult to flush away and you may experience some cramping or abdominal discomfort after eating. Creon tablets are replacement enzymes and taking them with your food allows all the nutrients to be absorbed. If this is the case you should be reviewed by a dietitian to ensure you are taking these correctly.