



## **DIETARY GUIDELINES FOR PATIENTS WHO HAVE UNDERGONE PANCREATIC RESECTIONS**

(WHIPPLE PROCEDURE, DISTAL PANCREATECTOMY, CENTRAL PANCREATECTOMY)

Anatomically, the pancreas lies just beneath the stomach. Surgical dissection and resection in this area can cause a condition known as a “gastric ileus,” or temporary paralysis of the stomach. This condition can manifest itself with symptoms such as nausea, vomiting, heartburn, or abdominal pain after eating. Be assured that you will not be discharged from the hospital until you are tolerating food and liquid, but your stomach may not be working perfectly even after discharge.

You’ll find below a list of suggested foods that we have found are more easily digested as the stomach recovers to normal function. And, we have listed some foods that we have found are more difficult to eat right away, and perhaps should be avoided for the first few days or weeks after surgery. These lists are in no way complete, but rather are compiled to give you an idea of the foods that you can try to eat. There is no way to predict how quickly your stomach will regain full function, so you will find yourself undergoing a trial and error process of eating as you recover.

In general, your goal should be to eat small meals throughout the day. In other words, have a light breakfast, a mid-morning snack, a light lunch, a mid-afternoon snack, and a reasonable dinner. Many patients have also told us that they cannot tolerate late night snacking, feeling bloated or nauseated during the night.

### **Important Points:**

- If you are feeling bloated or nauseated, the key is to slow down, chew your food well, and eat small amounts.
- If the smell of food bothers you, try eating it at room temperature.
- Getting enough fluids is very important, but the majority of liquids should be taken in between meals, not with meals. High caloric, nutritious drinks such as juices, Gatorade, milk – not soda.
- Protein is very important in the healing process. Look to finish the protein portion of the meal first, saving the carbohydrates for last, in case you get too full.
- One or both between-meal snacks can be a liquid supplement such as Ensure or Carnation Instant Breakfast.
- An over-the-counter multivitamin is also a good idea.



\*If you are diabetic, you may need to adjust these suggestions to meet your dietary restrictions.

FOODS THAT ARE MORE EASILY DIGESTED		FOODS TO AVOID (AT FIRST)	
• <b>Eggs</b>	soft boiled, hard-boiled, scrambled, poached	• <b>Fibrous Meats</b>	beef, pork, lamb, veal
• <b>Well Steamed Vegetables</b>	carrots, squash, zucchini	• <b>Raw Fruits With Skin</b>	apples, pears, plums, peaches, cherries, etc
• <b>Potatoes</b>	mashed, steamed, boiled, baked (without the skin)	• <b>Raw Berries</b>	strawberries, blueberries, raspberries
• <b>Chicken</b>	broiled or grilled (without breading or skin)	• <b>Bananas</b>	may be constipating
• <b>Hard Crackers</b>	saltines or graham crackers (in small amounts)	• <b>White Rice</b>	BUT brown rice is usually okay
• <b>Fish</b>	steamed or broiled	• <b>Fresh Citrus Fruit</b>	BUT pulp free juices are usually okay
• <b>Soft Cheeses</b>	cottage cheese, ricotta	• <b>Nuts</b>	BUT smooth nut butters are usually okay
• <b>Shredded or Melted Cheese</b>		• <b>Fresh Bread</b>	
• <b>Farina, Grits, Oatmeal</b>		• <b>Raw Vegetables</b>	
• <b>Yogurt</b>		• <b>Legumes</b>	
• <b>Stewed fruit or canned fruit</b>		• <b>Carbonated Beverages</b>	
• <b>Applesauce</b>			
• <b>Well-ripened melons</b>			
• <b>Well-cooked pastas</b>			
• <b>Peanut butter</b>			

**Call your surgeon if:**

- you experience diarrhea or loose bowel movements within a short time after eating. You may need to supplement your diet with pancreatic enzyme pills.
- you are urinating frequently and are always thirsty. You may need to have your blood sugar checked, as the pancreas is responsible for regulation of your blood sugar.