

PREPARING YOUR CHILD FOR SURGERY:

Good Nutrition Before Surgery Can Make a Difference

GOOD NUTRITION IS BENEFICIAL PRIOR TO SURGERY

Improving your child's nutritional status before surgery can help improve their recovery by **reducing the risk of infection and shortening their hospital stay.**¹⁻⁵

HOW CAN I IMPROVE MY CHILD'S NUTRITION PRIOR TO SURGERY?



ACHIEVE A HEALTHY NUTRITION STATUS

Talk to your healthcare professional about your child's nutrition status and guidance on managing weight prior to surgery. They will help create a nutrition plan that's best for your child.

Children who are underweight may need to gain weight to improve nutrient stores before surgery. An oral nutrition supplement may be recommended to help build nutrient stores.

Children who are overweight may benefit from focusing on healthy eating habits. If weight loss is recommended, this is best accomplished after your child has fully recovered from surgery.



CONSUME QUALITY NUTRIENTS WITH A HEALTHY EATING PLAN

Well-balanced meals and snacks that contain quality nutrients, such as protein and iron, prepare the body for surgery.

INCLUDE ADEQUATE PROTEIN

Protein is an important nutrient to build and repair tissues, such as skin and muscle.



RECOMMENDED DAILY SERVINGS OF PROTEIN^{6,7}

(AGE IN YEARS)

1-3	4-8	9-13	GIRLS 14-18	BOYS 14-18
2	3	5	6 ½	7 ½

WHAT IS A SERVING OF PROTEIN?⁷

MEAT, POULTRY, FISH	1 OZ
EGG	1 LARGE
MILK, YOGURT, SOY MILK	1 CUP
CHEESE	1 ½ OZ
PEANUT BUTTER, NUT BUTTERS	2 TABLESPOONS
TOFU	2 OZ
BEANS, PEAS, LENTILS (CANNED OR COOKED)	½ CUP

OZ = Ounces, MG = Milligrams

INCLUDE ADEQUATE IRON

During the procedure, your child may lose blood. Blood loss can put your child at risk for iron deficient anemia. Children who are iron deficient or have anemia may be at an increased risk for an infection following a surgery. Iron is important because it helps the body make new red blood cells and helps support muscles.

RECOMMENDED DIETARY INTAKE OF IRON⁸

(AGE IN YEARS)

1-3	4-8	9-13	GIRLS 14-18	BOYS 14-18
7 MG	10 MG	8 MG	15 MG	11 MG

WHAT FOODS ARE GOOD SOURCES OF IRON?⁹

To improve the absorption of iron, also eat foods that contain vitamin C, such as fruits and vegetables.

TOFU, COOKED	½ CUP	3.6 MG
LENTILS, CANNED OR COOKED	½ CUP	3.3 MG
GROUND BEEF	3 OZ	2.3 MG
BLACK BEANS, CANNED OR COOKED	½ CUP	2 MG
QUINOA, COOKED	½ CUP	1.4 MG
TUNA, CANNED	3 OZ	1.3 MG
GREEN PEAS	½ CUP	1.2 MG
WHOLE WHEAT BREAD	1 SLICE	1 MG
CHICKEN BREAST, PORK CHOP	3 OZ	0.9 MG
OATMEAL	½ CUP	0.9 MG
RAISINS	1 ½ OZ BOX	0.8 MG
ENRICHED PASTA, COOKED	½ CUP	0.7 MG

OZ = Ounces, MG = Milligrams

PREPARING YOUR CHILD FOR SURGERY:

Eating and Drinking Prior to Surgery

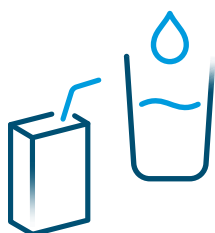


LIMIT TIME SPENT FASTING

It is important to work with your child's medical team to receive guidance on eating and drinking leading up to the procedure. Careful planning will ensure your child stays well hydrated and nourished.

PROCEDURE DATE: _____ PROCEDURE TIME: _____

DIRECTIONS FOR EATING AND DRINKING PRIOR TO SURGERY	WHEN TO STOP	
	DATE	TIME
EATING SOLID FOODS		
DRINKING NON-CLEAR LIQUIDS		
DRINKING CLEAR LIQUIDS		



WHAT IS A CLEAR LIQUID?

Your child's medical team may recommend consuming a clear liquid diet before surgery to limit risks and stay hydrated. Clear liquids are fluids that you can see through, including:

- Water
- Juice without pulp, such as apple and grape
- Oral rehydration solutions
- Gelatin
- Broth
- Sports drinks



Good nutrition prior to surgery is important for your child. Talk to your medical team for further guidance on managing your child's nutrition prior to surgery.*

*Your child's healthcare provider can help determine an appropriate nutrition plan based on your child's age and development, food allergies or intolerances, and other factors unique to your child.



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1. Behera BK, et al. *J Pediatr Surg*. 2022;57(8):1473-1479. | 2. Du N, et al. *Medicine (Baltimore)*. 2021;100(1):e24149. | 3. Loganathan AK, et al. *Pediatr Surg Int*. 2022;38(1):157-168. | 4. Deitch EA. *Surgery*. 2002;131(3):241-244. | 5. McClure RJ, et al. *Arch Dis Child Fetal Neonatal Ed*. 2000;82(1):F29-F33. | 6. Institute of Medicine. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, DC: The National Academies Press; 2006:536. | 7. USDA and HHS. *Dietary Guidelines for Americans, 2020-2025*. 9th ed. December 2020. | 8. Institute of Medicine. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, DC: The National Academies Press; 2006:530. | 9. Food Sources of Iron. *Dietary Guidelines for Americans*. Accessed 5/6/2024. <https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials/food-sources-select-nutrients/food-1>.