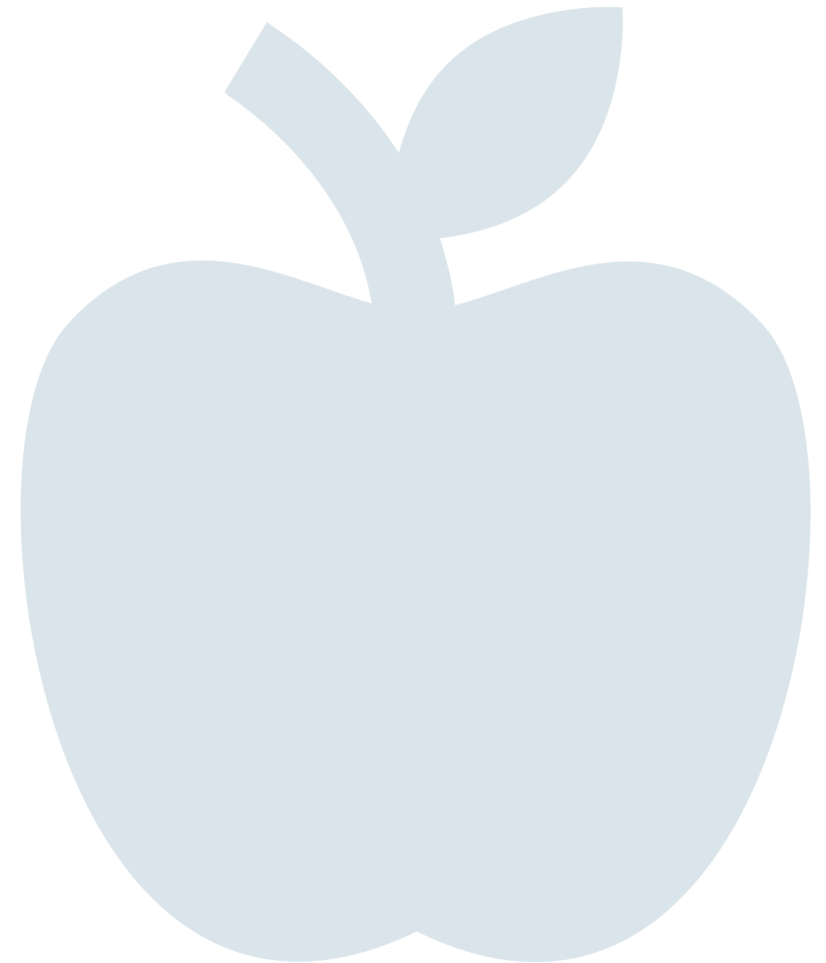


Nutrition in Pelvic Exenteration

10th June 2025

Jilla King – POM Dietitian

Sara Akhtar – Colorectal Dietitian



Overview

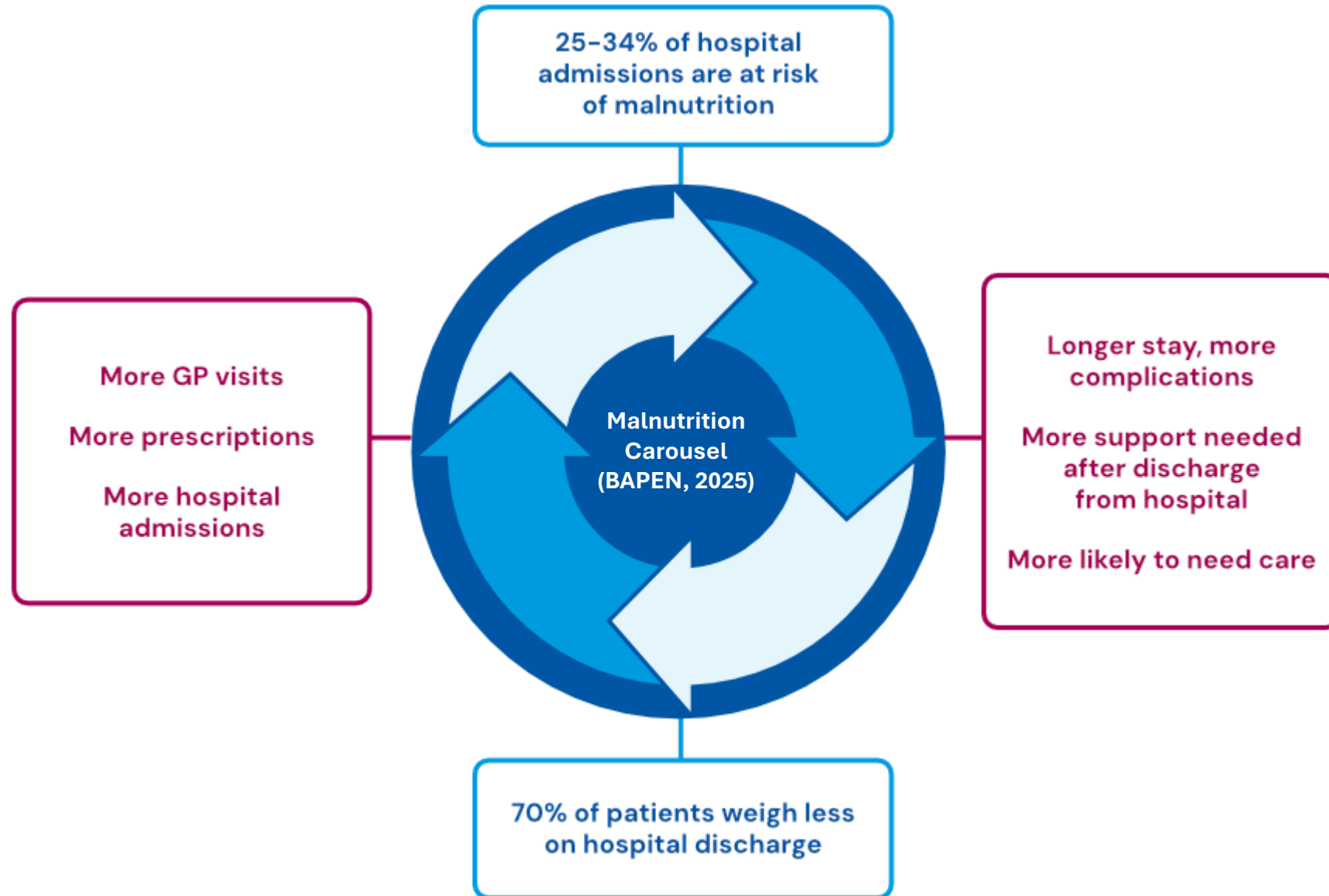
Pre-surgery Nutrition

- Malnutrition
- Pre-op nutrition benefits
 - The challenges?
- What, when and how we eat
 - Protein ideas

Post-surgery Nutrition

- Nutrition after surgery
 - Nutritional Support
- Low residue / low fibre diet + reintroduction
 - Follow up

Malnutrition



Pre-Op Nutrition Benefits

How does nutrition improve a patient's journey into surgery and beyond?



Good Nutrition before surgery....

- Reduces **complications** during and after surgery eg risks of infections
- Aids **recovery**
- Speeds up **wound healing** and recovery
- Can help you **respond** better to treatment

What nutritional support do we offer in perioperative care?



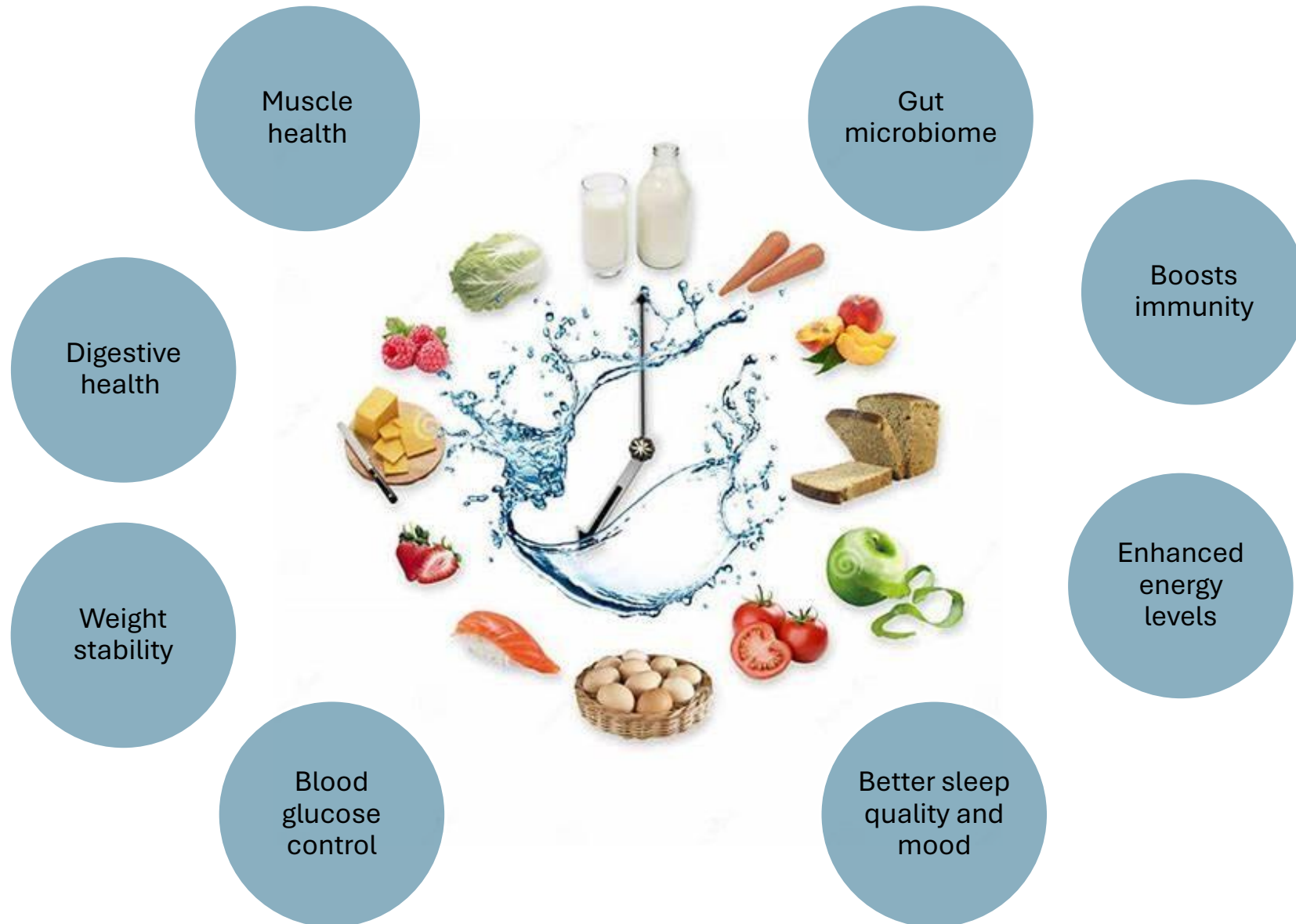
Healthy Eating Advice – as part of a surgery school online session

Specialised Dietary Advice – Dietitian telephone call for tailored advice



What
are/were
your main
nutritional
challenges
before
surgery?

What, when and how we eat matters



Aim for 60-80g protein a day

20g protein portions:



90g cheese



3 eggs



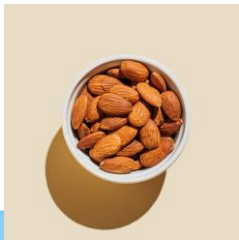
400g can of
beans/peas/
lentils



90-100g
beef,
chicken or
fish



10g protein portions:



50g plain nuts
(any)



100g (6 tbsp)
strained Greek
yogurt



½ pint milk



150g
hummus

Take care if
have diabetes
as these are
often high in
sugar

There are lots of
protein
enhanced foods
also available eg
cereal bars,
yogurts,
pancakes etc

Nutrition After Surgery



May have a form of alternative nutrition post-op if needed



Initially progress to fluids → then low fibre diet



Lower fibre advice usually given before home



Can give time for stoma output to settle



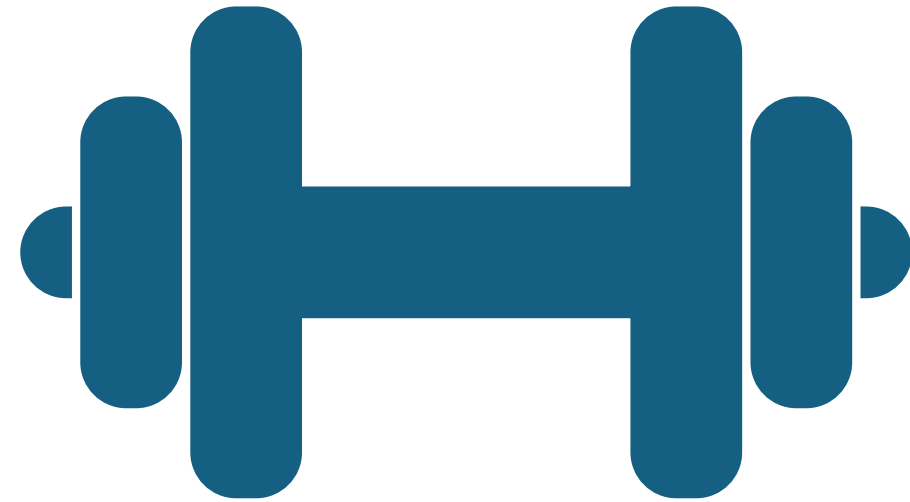
Sometimes can be longer term diet in certain cases but usually aiming to get back to a varied diet!



Nutritional Support

Goal: to minimise post-operative weight loss

- Snacks!
- Puddings
- Oral nutritional supplements



Low fibre diet

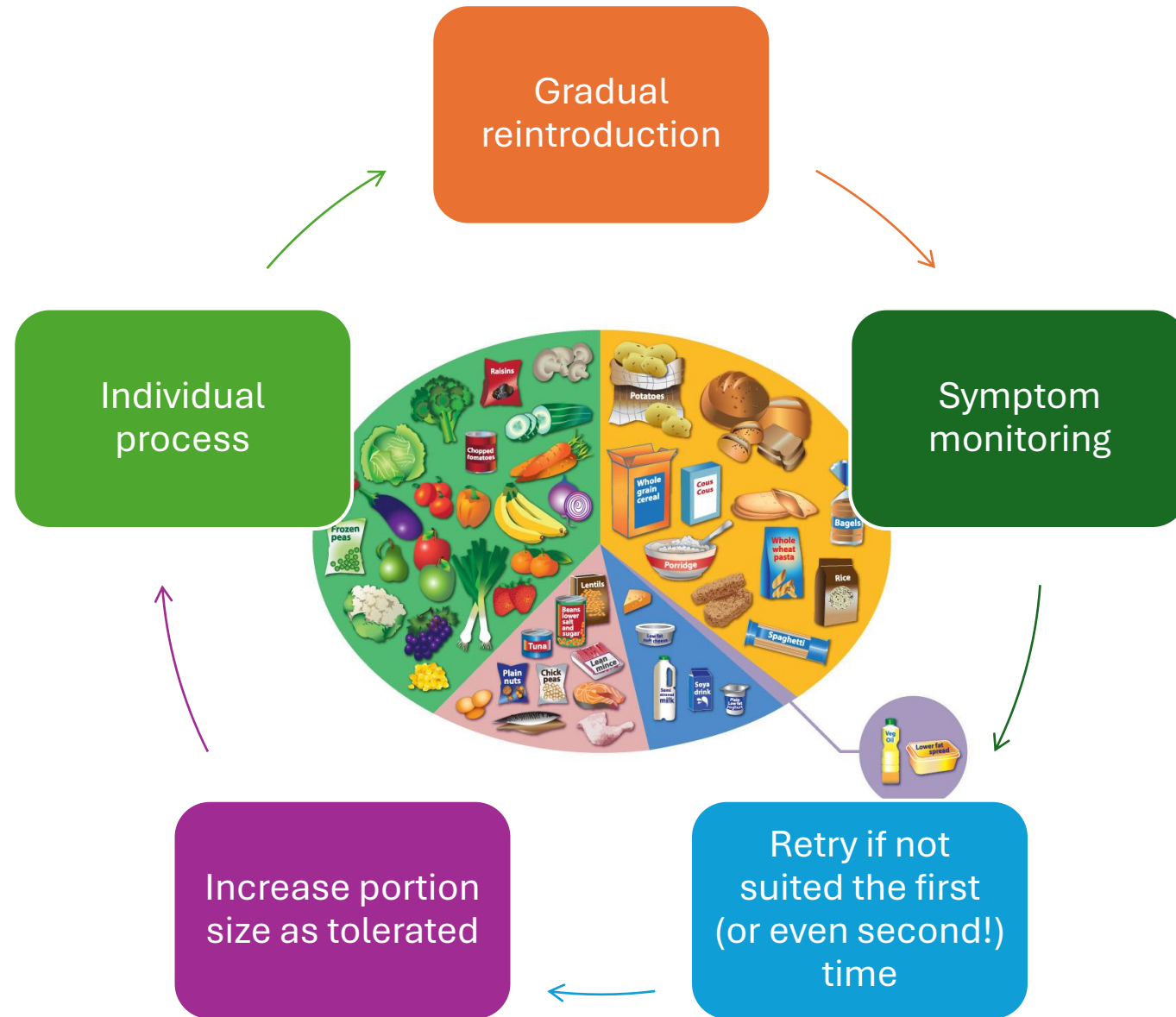
Types of fibre: soluble vs insoluble

Less insoluble fibre for 6-8 weeks

Typically avoiding wholegrains, seeds, skin on fruit / vegetables

Alternatives: white carbohydrate, skinless fruit / vegetables, ground seeds, smooth nut butters, oats

Fibre reintroduction



Follow up

Usually followed up in 6-8 weeks after discharge

Office number given if needed before review

Appointment letter for telephone call in the post

Please measure weight before review appointment!



Questions

