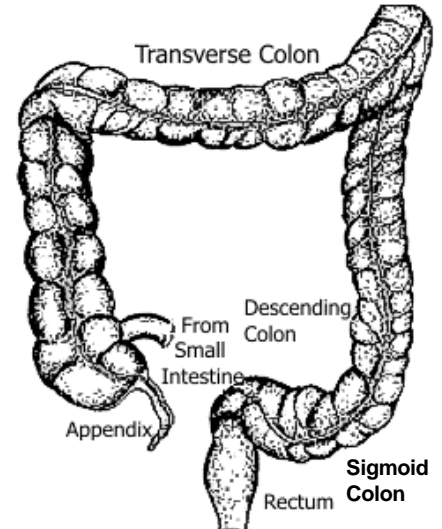


Abdominoperineal Resection (APR) Diet

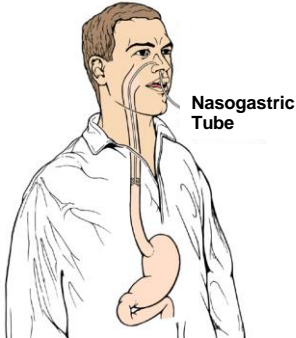
You are scheduled for a surgical procedure called an abdominoperineal resection (APR). Often times, your eating habits will need to be adjusted after the surgery. Your healthcare team will teach you how to get the nutrients you need.

What Is an Abdominoperineal Resection (APR)?

An APR is a procedure where anus, rectum and a portion of the large intestine called the sigmoid colon are removed. The end of the remaining colon is brought out through an opening in your abdomen a few inches away your belly button, called a colostomy or stoma. Your healthcare team will work with you to help take care of your new stoma. This will create a new exit for stool waste from your body into a bag attached to your abdomen. The waste from the colostomy is usually formed, similar to waste that exits through the rectum and anus.



The anus, rectum, and sigmoid colon are removed during an APR.



Will I Need Any Special Tubes?

During surgery a nasogastric tube will be placed down your nose into your stomach. This tube is used to drain fluid and air from your stomach. It is taken out after a few days when your bowel activity returns and you move your bowels or pass gas. This tube will help make you feel less nauseous and rest your bowels.

A nasogastric tube is placed into your stomach during surgery to drain fluid.

What Can I Eat After the Surgery?

Once the nasogastric tube is removed, your diet will be advanced slowly from clear liquids to full liquids, then to solids. A clear liquid diet includes liquids that you can see through and are not usually cloudy such as broth, apple juice, gelatin, soda, and ice pops. A full liquid diet includes all liquids. Fruit juices may need to be watered down to prevent diarrhea. You will be told when to begin these diets and when to make changes. Your healthcare team will instruct you as to your diet plan. Suggestions for your diet will be made according to what is appropriate for you. Specific dietary changes depend on the part of the intestine that was removed and how you feel after eating certain foods. Most patients will return to a fairly normal diet once problem foods are identified. If you have questions, be sure to ask your healthcare team.

APR Diet

- Eat foods at a regular time each day.
- Eat 4-6 small, frequent meals to promote a normal bowel pattern.
- Try eating the main meal of the day at noon and smaller meals throughout the day.
- Try adding one food at a time back into your diet to see how your body reacts to the food.
- Take small bites of food and chew foods completely to help with digestion.
- Drink at least 8 glasses of water each day.
- During the first 4-6 weeks after surgery, limit foods that caused you problems before surgery.
- Foods high in soluble fiber (oatmeal, applesauce, banana, rice) may help control diarrhea.
- Ask your healthcare team for the handout called “Dietary Fiber”. Avoid large amounts of fiber for 6-8 weeks after surgery.

Food Guidelines for APR Patients

	Avoid	Recommend
If you have gas:	Dried peas and lentils Broccoli, cabbage, cauliflower Beans Onions and garlic Carbonated drinks (coca, sparkling water) Lemonade Beer	
If you have loose stools or diarrhea:	Raw vegetables Fresh fruits Spicy foods Prunes Fried foods Fruit juice Alcohol Green leafy vegetables	Banana Smooth peanut butter Boiled rice Applesauce Marshmallows Cheese Toast Potatoes Yogurt Tapioca Oatmeal
If you have constipation:		Fresh fruits and vegetables Cereals (All bran [®] , Shredded Wheat [®] , Total [®]) Increase intake of fluids and exercise
If you have odor in your colostomy bag:	Fish Eggs Onions Baked beans Some spices Cauliflower Green vegetables	Tomato juice Yogurt Orange juice Parsley
If you have blockage in your colostomy bag: Notify your healthcare team	Nuts Coconut Raw fruit skins Corn Thick cut marmalade Fibrous fruits/vegetables (celery or pineapple)	

Sample Meal Plan

Breakfast

1 Banana
Oatmeal (1/2 cup)
Skim milk (1/2 cup)
Decaffeinated tea or water (1 cup)
Sugar (1 teaspoon)
Lemon

Mid-Morning Snack

Yogurt (1 cup)
Water (1 cup)

Lunch

Baked chicken (3oz)
Rice (1/2 cup)
Cooked carrots (1/2 cup)
Applesauce (1/2 cup)
1 small roll
Margarine (1 tsp)
Skim milk (1/2 cup)
Water (1 cup)

Afternoon Snack

Peanut butter (1 tablespoon)
Crackers
Water (1/2-1 cup)

Dinner

Whole turkey sandwich
Chicken noodle soup (1/2 cup)
Decaffeinated tea (1 cup)
Sugar (1 teaspoon)
Lemon
Water (1 cup)

Bedtime Snack

1 slice pound cake
Fresh strawberries
Skim milk (1/2 cup)

*Additional water is recommended to provide eight to ten cups per day.

This is a sample diet. There are foods not listed in this sample that you can eat as part of the APR diet. Please do not limit your intake to just the foods listed on this menu.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.