Nutrition Management: Post Whipple Procedure

Do:

- Gradually add solid foods
- Take pancreatic enzyme replacement with all meals and snacks as ordered by the provider
- Eat 6-8 small meals and snacks daily (Space meals every 2-3 hours)
- Drink 6-12 cups of fluids each day
  - Drink 1 hour before or after meal
  - Take only small sips at meal times
- Consume fat (as tolerated) from healthy sources such as olive oil, canola oil, peanut oil, nuts, seeds and avocados
- Discuss use of multivitamin or individual vitamin supplements with your provider or dietitian

Avoid:

- Eating high-fat, greasy or fried foods
- Drinking too much fluid at mealtime as it may increase how full you feel or increase nausea
- Alcoholic beverages
- Consuming concentrated simple carbohydrates if symptoms of glucose intolerance or dumping are present

Concerns:

- Glucose intolerance symptoms:
  - Increased thirst
  - Frequent urination
  - Blurry vision
  - Fatigue
- Dumping symptoms (Usually occurs within 2 hours after eating):
  - Flushed skin
  - Dizziness
  - Weakness
  - Abdominal pain
  - Nausea, Vomiting or Diarrhea
- Diarrhea (Malabsorption-induced)
  - Supplementing with Calcium, and fat-soluble vitamins may be necessary (ask your provider)
- Anemia
  - Ask your provider if iron supplementation or vitamin B12 may be helpful