



Dietary Guidelines Following a Total Pancreatectomy

A total pancreatectomy removes the entire pancreas.

- Pancreatic enzyme supplements need to be taken with meals to digest food properly
- Insulin is needed to control your blood sugar

Symptoms after surgery may include:

- Nausea and vomiting
- Diarrhea
- Abdominal pain
- Feeling full quickly

Speak with a Registered Dietitian (RD) for a diet plan that meets your needs and symptoms. Below is a list of general nutrition guidelines to follow.

- Consume 5-6 small meals throughout the day to prevent feeling full and aide in digestion. Consider spacing meals 2-3 hours apart
- Avoid greasy, or fried foods
- Avoid foods high in fiber to ease digestion (i.e. raw fruits and vegetables, whole grain items, dried beans). Bananas and seedless melon are allowed.
- Chew foods thoroughly and eat slowly to ease digestion
- Eat egg, cheese, yogurt, chicken, fish, and creamy peanut butter and other high protein foods first in case you get full quickly. Protein is very important in the healing process.
- Drink fluids between meals, 30-60 minutes before or after eating. Drinking too much fluid at meals may leave you quickly feeling full, nauseous, and have abdominal cramping.
- Avoid eating sugar to prevent Dumping Syndrome. This usually occurs within two hours after eating and includes symptoms such as flushed skin, dizziness/ lightheadedness, weakness, abdominal pain, nausea, vomiting, and/or diarrhea. It is also important to limit sugar to prevent high blood sugar levels from occurring.

If you would like to see a Registered Dietitian once you leave the hospital, ask your physician for a referral and contact the Nutrition Wellness Practice at Columbia (646-317-4811) or Cornell (212-746-0838) to schedule an appointment.

For additional information, please visit the Pancreatic Cancer Action Network at www.pancan.org

The following page is a list of foods that are easy to digest.

Foods Easy to Digest:

Types	Food and Drink	Suggestions
Grains	Refined white flour products Refined cold cereals (such as corn flakes, Rice Krispies, Rice Chex, and Corn Chex) Refined hot cereals (such as Cream of Wheat, Grits, Farina (fine-ground), White bread, toast, pasta, and rice	Eat dry toast or crackers before getting out of bed if you have nausea in the morning.
Vegetables	Well-cooked or canned vegetables Vegetables without skins or seeds Potatoes, without skins (boiled or baked)	Avoid cooked greens or spinach Avoid high fiber vegetables such as peas and corn
Fruits	Soft, well-cooked, or canned fruits, such as applesauce, peaches, and pears, bananas, avocado	Avoid dried fruit and fruit skin.
Milk and Milk Products	Milk, Lactose-free, soy, hemp, oat or almond Yogurt or soy yogurt (plain or vanilla) Cheese, hard: (mild types, such as American Cheese, soft or semi-soft (such as cottage cheese, ricotta or cream cheese)	If you have food allergies or lactose intolerance, read labels carefully
Meat and Other Proteins	Tender well-cooked beef, pork, poultry, or fish	Cook thoroughly and to proper temperature. Use a food thermometer to check when foods are safely cooked. Use cooking methods that include a liquid such as braising to maintain tenderness
Fats and Oils	Choose healthy, such as canola and olive oils. Cream cheese, avocado, mayonnaise	Use in moderation.
Drinks	Water Clear carbonated drinks that have lost their fizz Vegetable juice Fruit juice without pulp (such as cranberry or grape) Tea Sports drinks	Avoid beverages containing sugar.
Other	Soups: Low fiber (strained or puree, if needed) Clear broth (such as chicken, vegetable, or beef) Dessert and snacks: Custard, gelatin, frozen yogurt, ice cream, lemon drop candy, popsicles, pudding, sherbet, sorbet	Avoid soup made with foods that cause gas, such as dried beans and peas, broccoli, or cabbage Limit the portion sizes of high sugar desserts and snacks

