

Questions to ask about

Nutrition in the hospital

Ask your healthcare team questions to take an active role in managing your nutrition care. If you do not understand the answers, ask them to explain it in another way.

1. Can I speak with a registered dietitian while I'm in the hospital?

5. What can I do to improve my nutrition while in the hospital?

2. Is there a specific diet I should follow at this time?

6. Do I need extra protein or calories to heal from my treatment, surgery or illness?

3. Are there foods I should avoid due to my diagnosis, medications or side-effects?

7. If I cannot eat or drink enough, how will my body get the nutrients I need?

4. What foods should I include in my diet due to my diagnosis, medications or side-effects?

8. How will this nutrition plan help my body recover from my illness, treatment or surgery?

Additional questions

1. Do I need to follow a special diet or maintain any nutrition restrictions at home?

2. Are there written instructions for what I should eat to best support my health after I am home?

3. Is my immune system compromised, and if so, do I need to take any precautions when preparing food once I'm at home?
4. Are there specific vitamins, minerals or oral nutritional supplements I should take at home?

5. What can my caregivers, friends or family do to help support my nutrition at home?

6. Should I follow up with a dietitian after I leave the hospital, and if so, how can I connect with them?

Additional questions