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**Name of Journal:** *World Journal of Gastroenterology*

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**Optimal timing and route of nutritional support after esophagectomy: A review of the literature**

Zheng R *et al.* Optimal timing and route of nutritional support after esophagectomy

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### Abstract

Some controversy surrounds the postoperative feeding regimen utilized in patients who undergo esophagectomy. Variation in practices during the perioperative period exists including the type of nutrition started, the delivery route, and its timing. Adequate nutrition is essential for this patient population as these patients often present with weight loss and have altered eating patterns after surgery, which can affect their ability to regain or maintain weight. Methods of feeding after an esophagectomy include total parenteral nutrition, nasoduodenal/nasojejunal tube feeding, jejunostomy tube feeding, and oral feeding. Recent evidence suggests that early oral feeding is associated with shorter LOS, faster return of bowel function, and improved quality of life. Enhanced recovery pathways after surgery pathways after esophagectomy with a component of

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This review of the available literature on postoperative feeding highlights the different feeding routes used after esophagectomy. TPN is no longer the preferred route of postoperative feeding. Early initiation of parenteral nutrition does not improve recovery and is associated with a higher incidence of septic complications ( 25 ).

Cited by: 5

Author: Gijs H K Berkelmans, Frans van Workum,...

Publish Year: 2017

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The feeding route after esophagectomy: a review of literature Gijs H. Berkelmans 1 , Frans van Workum 2 , Teus J. Weijs 3 , Gerard A. Nieuwenhuijzen 1 , Jelle P. Ruurda 3 ,

## The ongoing debate regarding optimal nutritional routes ...

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However, there is no consensus regarding the optimal timing or route of enteral nutrition after esophagectomy. Randomized studies of other gastrointestinal surgical patients have demonstrated that immediate postoperative oral feeding is associated with decreased incidence of complications, including ileus and anastomotic leak ( 3 , 4 ).

Author: Ariel W. Knight, Shanda H. Blackmon Publish Year: 2016

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with promising results (7-11). However, the timing and type of postoperative feeding remains a matter of debate for patients undergoing esophagectomy. Review Article The feeding route after esophagectomy: a review of literature Gijs H. Berkelmans1, Frans van Workum2, Teus J. Weijs3, Gerard A. Nieuwenhuijzen1, Jelle P. Ruurda3,

## The feeding route after esophagectomy: a review of literature

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The total length of stay was significantly shorter in four prospective studies (6-12 vs. 8-13 days). However, large randomized controlled trials are lacking and the potential benefit of early oral feeding after esophageal surgery remains elusive. EN is nowadays the optimal feeding route after esophagectomy.