

A Study on Early Oral Feeding After Gastrointestinal Surgery: A Randomized Controlled Trial

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Abstract

Background: Early postoperative feeding after gastrointestinal surgery has been a subject of debate. This randomized controlled trial evaluates the safety and efficacy of early feeding compared to conventional feeding.

Methods: Ninety patients undergoing elective gastrointestinal surgery were randomized into two groups: Group A (Early Feeding) and Group B (Conventional Feeding). Outcomes measured included time to bowel movement, incidence of ileus, anastomotic leak, wound infection, hospital stay, and patient satisfaction.

Results: Patients in Group A had a significantly earlier return of bowel function (1.7 ± 0.4 days vs 3.2 ± 0.6 days, $p < 0.05$), shorter hospital stay (4.5 ± 1.2 vs 6.1 ± 1.5 days, $p < 0.05$), and higher patient satisfaction (92% vs 74%, $p < 0.05$). There was no significant difference in rates of ileus, anastomotic leak, or wound infection between the groups.

Conclusion: Early feeding after gastrointestinal surgery is safe, feasible, and associated with faster recovery and improved patient satisfaction.

Keywords

Early feeding, gastrointestinal surgery, randomized controlled trial, postoperative recovery, enhanced recovery.

