

# Inflammatory Bowel Disease (IBD) Prehabilitation Program

Research shows that effective preparation before surgery, called “prehabilitation,” can speed up recovery, reduce time in the hospital after surgery, and lower the risk of surgical complications. This means returning you to your life sooner and in better health.



That’s why Cedars-Sinai is pioneering a 10-week Inflammatory Bowel Disease (IBD) Prehabilitation Program to guide participants through their abdominal surgery journey, with in-person and virtual visits beginning four weeks prior to surgery and continuing until six weeks after surgery. Throughout your journey, you will have access to a full team of experts at Cedars-Sinai, as well as the tools and resources needed for effective and timely recovery and healing.

Having abdominal surgery has been compared to running a marathon, with preparation and recovery being just as important as the race itself.

## Our Support Services

Our prehabilitation program includes four impactful support services to help you prepare for surgery and improve your health and wellbeing:



**Education and counseling individualized to you:** A nurse practitioner will oversee your entire prehabilitation journey, supporting you with education about surgery, medications and program offerings. This designated nurse practitioner will also coordinate with your physician and prehabilitation care team to ensure that you receive the care and support you need most.



**Nutritional counseling:** A registered dietitian will partner with you to ensure your body has the nutrients it needs to heal quickly. The registered dietitian can provide various assessments and menu suggestions, as well as consultations to ensure that you are prepared for your procedure. Our registered dietitian may also recommend and provide nutritional supplements to support nutrient intake before surgery and during your recovery.

continued



**Social worker-led mental health assessments:** Your state of mind impacts your healing, so a social worker will help evaluate your mental health before and after surgery, completing assessments to better understand your coping skills and social support. Your designated social worker will also work alongside your prehabilitation team to make any referrals needed for additional mental health support.



**Physical therapy and exercise training:** Physical therapists will help get you stronger for surgery. Leading up to your surgery, they will also offer education and a progressive exercise routine to help improve your strength and endurance. Following surgery, you will also receive in-hospital mobility support and virtual training to help you return to your desired level of physical activity.

## Tools and Resources to Support You

In addition to the variety of services we offer patients, the IBD Prehabilitation Program at Cedars-Sinai also offers a collection of tools and resources to support you throughout your healing journey. As a program participant, you will have access to the following resources as you prepare and recover:

- Nutritional plans including supplements which will be provided as needed
- Basic equipment for home resistance and exercise training
- Access to resources to help improve and maintain physical and mental health and wellness after surgery

## Participation Requirements\*

- You have been referred for surgery for your IBD (Crohn's disease or ulcerative colitis)
- You are 13 years of age or older
- You are able to attend all scheduled appointments during the program (in-person and/or virtual visits)

## Learn More

To learn more about this transformational program, the services we offer and the resources available to you throughout this process, we welcome you to reach out to our team using the contact information below.

We look forward to continuing to support your healing journey and providing the tools and services you need to help you return to the life you love.



\*Surgery at Cedars-Sinai is not a requirement for participation in the program.



For more information, call 310-423-4100 or email [IBDPrehab@cshs.org](mailto:IBDPrehab@cshs.org)  
Learn more at [cedars-sinai.org/IBDPrehab](https://cedars-sinai.org/IBDPrehab)