

## Coffee may speed up recovery of function after bowel surgery

August 13 2019

---



(HealthDay)—The time to first postoperative bowel movement after

elective laparoscopic colorectal resection is shorter in those drinking coffee versus noncaffeinated tea, according to a study published in the August issue of *Diseases of the Colon & Rectum*.

Simone Hasler-Gehrer, M.D., of Kantonsspital Baden in Switzerland, and colleagues randomly assigned 115 patients who underwent elective laparoscopic colorectal resection to receive either coffee (56 participants) or noncaffeinated tea (59 participants). The patients had undergone surgery of the colon or rectum at an accredited [public hospital](#) in Switzerland and were given 150 mL of their assigned beverage at 8:00 a.m., 12:00 p.m., and 5:00 p.m. every day from the day after surgery until their discharge from the hospital.

The researchers found that the first postoperative bowel movement occurred 8.9 hours earlier in the group that received coffee (65.2 versus 74.1 hours; hazard ratio, 1.67). Patients who received coffee also had shorter hospital stays (six versus seven days).

"Our study shows that early postoperative coffee intake after elective laparoscopic colorectal resection leads to a faster recovery of bowel function and thus potentially decreases length of [hospital](#) stay," the authors write. "Because of its easy availability and low adverse effects, [coffee](#) could be integrated in the [postoperative](#) management of patients undergoing colorectal resections."

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: Coffee may speed up recovery of function after bowel surgery (2019, August 13) retrieved 26 April 2024 from

<https://medicalxpress.com/news/2019-08-coffee-recovery-function-bowel-surgery.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.