

# Diet After Nissen Fundoplication Surgery

This diet information is for patients who have recently had nissen fundoplication surgery. Many patients rapidly progress through a full liquid diet after surgery and do not need a diet like this one. This diet is much more gradual, and is designed to slowly return your stomach to normal function. If you are having difficulty returning to a normal diet after surgery, please use this diet. It will help control diarrhea, excess gas, and swallowing problems, which may occur after fundoplication surgery.

## Keep Your Stomach from Stretching

- Eat small, frequent meals (six to eight per day). This will help you get the majority of nutrients you need without causing your stomach to feel full.
- Drinking large amounts of fluids with meals can stretch your stomach. Drink fluids between meals as often as you like. But limit fluids to 1/2 cup (4 fluid ounces) with meals, and one cup (8 fluid ounces) with snacks.
- Since sweet foods have a tendency to digest quickly, eat them at the end of your meal.
- Sit upright while eating and stay upright for 30 minutes after each meal. Do not lie down after eating. Sit upright for 2 hours after your last meal or snack of the day.
- Take small bites and chew your food well to help aid swallowing and digestion.
- Foods that are soft and moist will be easier to digest. Avoid gummy foods, such as bananas and soft or crusty types of breads, which can be hard to swallow.

## Avoid Gas

- Avoid drinking through a straw and do not chew gum or tobacco. These actions cause you to swallow air, which produces excess gas in your stomach.
- Avoid any foods that you know cause stomach gas and distention. These foods include corn, dried beans, peas, lentils, onions, broccoli, cauliflower, and any food from the cabbage family.
- Avoid caffeine, carbonated beverages, alcohol, citrus fruits and juices, tomato products, and chocolate.

After Nissen fundoplication surgery, your diet will be changed slowly, depending on your progress and your tolerance for food.

## **Stage 1 – Clear liquid diet**

This diet will begin while you are in the hospital. It is recommended to follow a clear liquid diet for 3 days after surgery.

Food Allowed:

- Apple Juice
- Cranberry Juice
- White Grape Juice
- Broth or consommé
- Jell-O
- Decaf Coffee (without milk)
- Italian Ice/Popsicles

## **Stage 2 – Full Liquids**

After clear liquids are tolerated you may advance to full liquids. It is recommended to follow this diet for 1 week. You may continue to include foods allowed on the clear liquid diet.

Food allowed:

- Milk
- Cream of wheat or rice
- Strained cream soups
- Ice cream/ sherbet/ custard/ pudding
- Yogurt (without fruit seeds)
- Milkshakes/ frappe
- Fruit and vegetable juices

Once on full liquids it is recommended to add a supplement; (Boost, Ensure, Carnation Instant Breakfast, etc.)

## **Stage 3 – Pureed Diet**

The next stage of the diet introduces additional food in a puree / smooth texture. Foods that are blenderized require minimum chewing to allow easier swallowing. You may continue to eat items allowed on clear and full liquid diets. It is recommended to follow this stage for 4 weeks.

Foods to add into diet:

- Pureed meats
- Puree/ blended casseroles
- Puree fruit and vegetables
- Mashed potatoes

- Cooked cereals, such as cream of wheat, oatmeal and rice

Tips when blenderizing foods:

1. Foods may be easier to blend if you cut them into small pieces before placing them into a blender or food processor.
2. After blenderizing, foods should be strained to remove chunks of food, seeds, or fibers. When blenderizing solid foods, mix an equal amount of the solid food with liquid. For example, blend one cup of cooked pasta with one cup of vegetable juice. If you are blending fruits or vegetables, you can use less liquid.
3. Try to use blenderized foods right away so they will not spoil. Blenderized foods may be stored in the refrigerator for up to 48 hours or placed in the freezer.

## **Stage 4 – Soft Diet**

The final stage advances to foods that are soft in consistency and easily digested. Remember to chew food well. Continue with the soft diet until your doctor instructs on further diet advancement.

Food selections:

- Cooked cereals
- Cold cereals that soften with milk
- Mashed potatoes
- Pasta/ noodles with sauce
- Soft cooked vegetables
- Soft canned fruit or ripe fruit such as bananas
- Scrambled eggs
- Moist tender meats with gravies
- Dairy products (yogurt without fruit seeds)
- Fruit and vegetable juices

## **Key Items to avoid:**

- Nuts, seeds and dried fruit
- Dry meats
- Crackers, breads
- Peanut butter
- Coconut

I hope you feel better soon. Please do not hesitate to contact me with questions or concerns.

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