

Nutrition after fundoplication surgery

This information sheet provides dietary recommendations for after fundoplication surgery.

What is a fundoplication?

A fundoplication is a surgical procedure used to manage gastro-oesophageal reflux disease, which is when stomach acid travels up into the food pipe (oesophagus). In the surgery the top part of the stomach is wrapped around the lower oesophagus to tighten it.

Why do I need to change my diet after surgery?

- After surgery, the passageway connecting the throat to the stomach (the oesophagus) becomes swollen and irritated for a short time.
- Changing the texture, temperature and type of food you eat while you are recovering can help to reduce pain, discomfort and bloating. As you recover, the oesophagus will adjust and you will soon be able to manage a more normal diet.

General guidelines

- Eat and drink slowly. Avoid gulping.
- Eat 6 – 8 small meals.
- Avoid fizzy drinks, chewing gum or drinking through straws to reduce bloating/gas.
- Aim to consume nourishing drinks such as milkshakes, fruit smoothies, Milo, Sustagen or Up & Go if on a fluid diet. Choose these over less-nourishing fluids such as cordial, tea/coffee and alcohol as these provide little nutrition.
- Sit upright when eating and remain upright for 30 minutes after meals.
- It is still important to have a well-balanced diet to give your body the right nutrition to function well. Choose a variety of foods from all the food groups (see table below) to ensure adequate nutrition.
- Chew all foods well and avoid foods that cannot easily be broken up initially, such as tough or gristly meat, raw fruit and vegetables and plain bread.

Your diet will progress in stages, beginning with liquids and moving to a puree, soft then regular diet. Your surgeon will tell you when to progress your diet, but this will also depend

on your tolerance to food at each stage. All food groups can still be enjoyed regardless of which phase of the diet you are following (see pages 2-3).

FLUID DIET

Whilst in hospital you will likely start on a fluid diet.

PUREED/MASHED DIET

If you feel no pain or discomfort swallowing fluids, your surgeon may recommend you move to a pureed/mashed diet.

SOFT DIET

If you feel no pain or discomfort on the pureed diet, proceed to a soft diet avoiding any hard lumps. If any pain or discomfort occurs, you should return to the texture previously tolerated and then try again later.

REGULAR DIET

If you feel no pain or discomfort on the soft diet, proceed to a normal, regular diet when advised by your surgeon.

The table below gives examples of suitable foods at each stage of your diet.

Food Group	Fluid Diet (As per your doctor)	Puree Diet (As per your doctor)	Soft Diet (As per your doctor)	Foods to AVOID initially
Breads, cereals, rice, pasta, noodles	<ul style="list-style-type: none"> • Strained porridge or semolina made on milk • Add pasta and rice to soups and blend to a smooth fluid consistency 	<ul style="list-style-type: none"> • Smooth lump-free cereals (e.g., semolina, pureed porridge) 	<ul style="list-style-type: none"> • Porridge or cereal softened with milk • Well-cooked pasta and rice • Bread with crust removed, softened with spread 	<ul style="list-style-type: none"> • Plain bread • Doughnuts • Crackers • Course/dry cereals • Cereals with dried fruit/nuts
Vegetables, legumes	<ul style="list-style-type: none"> • Vegetable juice • Add vegetables and legumes to soups and blend to a smooth fluid consistency 	<ul style="list-style-type: none"> • Vegetable juice • Pureed or mashed vegetables (using milk/butter) 	<ul style="list-style-type: none"> • Vegetable juice • Mashed or soft-cooked vegetables (excluding corn) • Soft canned vegetables 	<ul style="list-style-type: none"> • Raw vegetables • Hard, fibrous, or stringy vegetables (e.g., corn, broccoli stalks)

Food Group	Fluid Diet (As per your doctor)	Puree Diet (As per your doctor)	Soft Diet (As per your doctor)	Foods to AVOID initially
Fruit	<ul style="list-style-type: none"> • Fruit juice • Add fruit to milkshakes and blend to a smooth fluid consistency 	<ul style="list-style-type: none"> • Fruit juice • Pureed or mashed canned/ stewed fruit • Pureed or mashed soft fresh fruit e.g. banana, pawpaw, pear 	<ul style="list-style-type: none"> • Fruit juice • Canned or stewed fruit • Soft fresh fruit e.g. banana, pawpaw, mango, pear, watermelon 	<ul style="list-style-type: none"> • Hard, fibrous pieces of fruit (e.g. pineapple, raw apple) • Dried fruit
Milk, yoghurt, cheese	<ul style="list-style-type: none"> • Milk • Drinking yoghurt • Thin custards • Plain ice-cream 	<ul style="list-style-type: none"> • Milk • Plain yoghurt (no fruit/ nuts) • Cheese spread • Cream • Ice-cream 	<ul style="list-style-type: none"> • Milk • Yoghurt (plain or with soft fruit) • Custard • Ice-cream • Soft cheese 	<ul style="list-style-type: none"> • Hard cheese
Meat, fish, poultry, tofu, eggs, nuts, legumes	<ul style="list-style-type: none"> • Add meat, fish, poultry and legumes to soups and blend to a smooth fluid consistency 	<ul style="list-style-type: none"> • Pureed meat, fish, poultry and legumes with gravy/sauce e.g. pureed casserole • Silken tofu - mashed 	<ul style="list-style-type: none"> • Soft-cooked meat, fish and poultry with gravy/sauce (e.g. casseroles, stews, mince) • Eggs (all types except fried) • Baked beans, well-cooked lentils • Soft tofu 	<ul style="list-style-type: none"> • Tough or gristly meat/ chicken/ fish • Dry fish or fish with bones • Raw nuts or seeds
Extra foods	<ul style="list-style-type: none"> • Jelly • Cordial 	<ul style="list-style-type: none"> • Mousse • Crème caramel • Butter • Baked egg custard 	<ul style="list-style-type: none"> • Mousse • Creamed rice • Biscuits dunked to soften • Cake served with ice cream or custard • Chocolate 	<ul style="list-style-type: none"> • Popcorn • Chips (crisps) • Cookies/ biscuits • Hard lollies

Suggested meal plan

FLUID DIET	PUREED DIET	SOFT DIET
BREAKFAST		
<ul style="list-style-type: none"> • Strained porridge or semolina made on milk • Fruit smoothie based on milk – blend to a smooth fluid consistency 	<ul style="list-style-type: none"> • Pureed porridge or semolina • Pureed or mashed fruit – choose from canned, stewed, or soft fresh fruit varieties (e.g. banana, pawpaw, well-ripened pear) 	<ul style="list-style-type: none"> • Porridge or cereal softened with milk (e.g. Corn Flakes/ Weet-Bix) • Bread softened with spread • Omelette, or scrambled, poached, or boiled eggs • Baked beans
LUNCH		
<ul style="list-style-type: none"> • Canned or home-made vegetable soup – can add cheese, cream or choose varieties containing meat and/or legumes and blend to a smooth fluid consistency 	<ul style="list-style-type: none"> • As for fluid diet + • Pureed meat, fish, poultry, or legumes with gravy/sauce and pureed or mashed vegetables (using milk/ butter/ cheese) 	<ul style="list-style-type: none"> • White bread crust-less sandwich with tender meat/ chicken/ fish/ egg/ cheese and softened with margarine/ butter • Canned, stewed, or soft fresh fruits (e.g., banana, chopped melon, well-ripened pear)
DINNER		
<ul style="list-style-type: none"> • As for lunch 	<ul style="list-style-type: none"> • As for lunch 	<ul style="list-style-type: none"> • Soft cooked meat, fish or poultry with gravy/sauce e.g. casseroles, mince with mashed/ soft cooked vegetables and well-cooked rice/ pasta
SNACKS		
<ul style="list-style-type: none"> • Milkshake/fruit smoothie • Plain or flavoured milk • Sustagen/Up & Go • Drinking yoghurt • Plain ice cream • Thin custard 	<ul style="list-style-type: none"> • As for fluid diet + • Thick yoghurt / custard / mousse • Pureed or mashed fruit 	<ul style="list-style-type: none"> • As for pureed diet + • Canned or soft fresh fruit • Creamed rice • Biscuits dunked to soften • Cake served with ice cream or custard

For further information, contact your dietitian or nutritionist: _____