

## Nutrition after fundoplication surgery

### Key messages

The passageway within the body connecting the throat to the stomach (the oesophagus) becomes swollen and irritated temporarily after surgery. It is recommended to modify the texture, temperature and types of food you eat to help the body heal and to help reduce symptoms such as difficulty swallowing, pain or abdominal bloating. As the swelling settles, the oesophagus will become more supple and you will gradually be able to manage a normal diet.

### General guidelines

- Eat and drink slowly – avoid gulping.
  - Eat small frequent meals.
  - Avoid fizzy drinks, chewing gum or drinking straws to reduce bloating/gas.
  - When on the fluid diet, limit clear fluids such as *Bonox*, cordial, alcohol, tea and coffee as these provide little nutrition.
  - Aim to consume more nourishing drinks such as milkshakes and fruit smoothies. You may find it helpful to add a nutritional drink such as *Sustagen* or *Up & Go*.
- Sit upright when eating and remain upright for 60 minutes after meals.
  - It is still important to have a well-balanced diet to give your body the right nutrition to function properly. Choose a variety from all the food groups to ensure adequate nutrition as you may be eating less than usual.
  - Chew all foods well and avoid foods that cannot easily be broken up such as tough or gristly meat, raw fruit and vegetables, and plain bread.

### Upgrading your diet after surgery

Your diet will progress in stages beginning with liquids and slowly advancing to a soft diet. Your surgeon will recommend the time periods for each stage however please be aware that progressing your diet will 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 start on a fluid diet.

## PUREED/MASHED DIET

If you feel no pain or discomfort swallowing fluids your surgeon may recommend you can start on 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 and gradually increase to a normal diet. If any pain or discomfort occurs, you should return to the texture previously tolerated and then try again later.

<b>FOOD GROUP</b>	<b>FLUID DIET (as per your doctor)</b>	<b>PUREED DIET (as per your doctor)</b>	<b>SOFT DIET (as per your doctor) then slowly increase to a normal diet as tolerated</b>	<b>Foods to AVOID</b>
<b>Bread, cereals, rice, pasta, noodles</b>	<ul style="list-style-type: none"><li>• Strained porridge or semolina made on milk</li><li>• Add pasta and rice to soups and blend to a smooth fluid consistency</li></ul>	<ul style="list-style-type: none"><li>• Smooth lump-free cereals (e.g. semolina, pureed porridge).</li></ul>	<ul style="list-style-type: none"><li>• Porridge or cereal softened with milk.</li><li>• Well-cooked pasta and rice</li><li>• Bread with crust removed, softened with spread</li></ul>	<ul style="list-style-type: none"><li>• Plain bread</li><li>• Donuts</li><li>• Crackers</li><li>• Course/dry cereals</li><li>• Cereals with dried fruit/nuts</li></ul>
<b>Vegetables, legumes</b>	<ul style="list-style-type: none"><li>• Vegetable juice</li><li>• Add vegetables and legumes to soups and blend to a smooth fluid consistency</li></ul>	<ul style="list-style-type: none"><li>• Vegetable juice</li><li>• Pureed or mashed vegetables (using milk/butter)</li></ul>	<ul style="list-style-type: none"><li>• Vegetable juice</li><li>• Mashed or soft-cooked vegetables (excluding corn)</li></ul>	<ul style="list-style-type: none"><li>• Raw vegetables</li><li>• Hard, fibrous or stringy vegetable (e.g. corn, broccoli stalks)</li></ul>
<b>Fruit</b>	<ul style="list-style-type: none"><li>• Fruit juice</li><li>• Add fruit to milkshakes and blend to a smooth fluid consistency</li></ul>	<ul style="list-style-type: none"><li>• Fruit juice</li><li>• Pureed or mashed canned/ stewed fruit</li><li>• Pureed or mashed soft fresh fruit e.g. banana, paw paw, pear</li></ul>	<ul style="list-style-type: none"><li>• Fruit juice</li><li>• Canned or stewed fruit</li><li>• Soft fresh fruit e.g. banana, paw paw, mango, pear, watermelon</li></ul>	<ul style="list-style-type: none"><li>• Hard, fibrous pieces of fruit (e.g. pineapple, raw apple)</li><li>• Dried fruit</li></ul>
<b>Milk, yoghurt, cheese</b>	<ul style="list-style-type: none"><li>• Milk</li><li>• Drinking yoghurt</li></ul>	<ul style="list-style-type: none"><li>• Milk</li><li>• Plain yoghurt (no fruit /nuts)</li><li>• Cheese spread</li></ul>	<ul style="list-style-type: none"><li>• Milk</li><li>• Fruit yoghurt</li><li>• Soft cheese</li></ul>	<ul style="list-style-type: none"><li>• Hard cheese</li></ul>

FOOD GROUP	FLUID DIET (as per your doctor)	PUREED DIET (as per your doctor)	SOFT DIET (as per your doctor) then slowly increase to a normal diet as tolerated	Foods to AVOID
<b>Meat, fish, poultry, tofu, eggs, nuts, legumes</b>	<ul style="list-style-type: none"> <li>• Add meat, fish, poultry and legumes to soups and blend to a smooth fluid consistency</li> </ul>	<ul style="list-style-type: none"> <li>• Pureed meat, fish, poultry and legumes with gravy/sauce e.g. pureed casserole</li> <li>• Silken tofu - mashed</li> </ul>	<ul style="list-style-type: none"> <li>• Soft cooked meat, fish, and poultry with gravy/sauce e.g. casseroles, mince</li> <li>• Omelette, or scrambled, poached or boiled eggs</li> <li>• Baked beans, lentils</li> </ul>	<ul style="list-style-type: none"> <li>• Tough or gristly meat/ chicken/ fish</li> <li>• Raw nuts or seeds</li> </ul>
<b>Extra foods</b>	<ul style="list-style-type: none"> <li>• Thin custards, plain ice cream, jelly, cordial, Milo, flavoured milk</li> </ul>	<ul style="list-style-type: none"> <li>• Mousse, crème caramel, butter, baked egg custard</li> </ul>	<ul style="list-style-type: none"> <li>• Creamed rice, biscuits dunked to soften, cake served with ice cream or custard, chocolate</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Chips</li> <li>• Cookies/ biscuits</li> <li>• Hard lollies</li> </ul>

### Suggested meal plan

FLUID DIET	PUREED DIET	SOFT DIET
<b>BREAKFAST</b>		
Strained porridge or semolina made on milk. Fruit smoothie based on milk – blend to a smooth fluid consistency.	Pureed porridge or semolina. Pureed or mashed fruit – choose from canned, stewed or soft fresh fruit varieties (e.g. banana, paw paw, well-ripened pear).	Porridge or cereal softened with milk (e.g. <i>Corn Flakes/Weet-Bix</i> ) Bread softened with spread Omelette, or scrambled, poached or boiled eggs Baked beans
<b>LUNCH</b>		
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.	As for fluid diet + Pureed meat, fish, poultry or legumes with gravy/sauce and pureed or mashed vegetables (using milk/ butter/ cheese)	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).
<b>DINNER</b>		
As for lunch	As for lunch	Soft cooked meat, fish, and poultry with gravy/sauce e.g. casseroles, mince with mashed/soft cooked vegetables and well-cooked rice/pasta.
<b>SNACKS</b>		
Milkshake/fruit smoothie Plain or flavoured milk <i>Sustagen/Up &amp; Go</i> Drinking yoghurt Plain ice cream Thin custard	As for fluid diet + Thick yoghurt / custard / mousse Pureed or mashed fruit	As for pureed diet + Canned or soft fresh fruit Creamed rice Biscuits dunked to soften Cake served with ice cream or custard