

Dietary advice for patients after fundoplication surgery

Nutrition and Dietetics

Patient Information Leaflet

Introduction

The operation you have had has made the food pipe (oesophagus) less flexible where it enters the stomach. This is due to the swelling that occurs after surgery and is completely normal. As the swelling settles, the oesophagus will become more supple and you will be able to eat normally but until then you will need to follow a special diet.

What are the guidelines for eating after my surgery?

You should aim to eat frequent meals of small, thoroughly-chewed food. Other guidelines are to:

- Eat and drink slowly – avoid gulping down food and drinks.
- To help minimise burping and belching, avoid fizzy drinks, chewing gum or drinking through a straw.
- Try to choose nourishing drinks such as milkshakes made from full fat milk, fruit smoothies and hot chocolate.
- Chew all foods well and avoid foods that cannot easily be broken up. This includes pieces of meat, chicken, sausages, raw fruit, raw vegetables and bread.

How do I build up my diet after surgery?

The following information gives guidance on how to build up your diet immediately after surgery.

Please note: The timeframes may vary from those given in this section depending on the advice of your doctor and your tolerance of the diet.

Fluid diet

While you are in hospital, your doctor will start you on a fluid diet for the first and second days after your surgery. For more information on this, please refer to the 'dietary information' section.

Pureed/mashed diet

If you feel no pain or discomfort swallowing fluids, you should start on a pureed/mashed consistency diet for two weeks. For more information on this, please refer to the 'dietary information' section.

Soft diet

If you feel no pain or discomfort on the pureed diet at the end of two weeks, proceed to a soft diet avoiding any lumps (e.g. pieces of steak and sausage, raw fruit and vegetables). After eight weeks, you can gradually move onto a normal diet. For more information on this, please refer to the 'dietary information' section.

If you experience any pain or discomfort, you should return to the texture of diet that you were able to tolerate and then try again in another couple of weeks. Going from a soft diet to a normal diet is very individual and may take some time.

Dietary information

The table on the next two pages gives you more information on which types of foods you can eat at each diet stage.

Dietary information			
Food group	Fluid diet	Pureed/mashed diet	Soft diet
	One or two days after surgery (or as your doctor's instructions)	For two weeks (or as your doctor's instructions)	For six weeks (or as your doctor's instructions) and then slowly increase to normal diet as tolerated
Bread, cereals, rice, pasta, noodles	Strained porridge made with milk Avoid eating bread, rice, pasta or noodles	Porridge or cereal softened with milk Add pasta, noodles and rice to soups – blend to a smooth consistency Avoid eating bread	Porridge or cereal softened with milk Pasta, noodles and rice softened with soup or gravy Avoid eating bread
Fruit	Fruit juice Fruit smoothies Add fruit to milkshakes – blend to smooth, fluid consistency	Fruit juice Fruit smoothies Pureed or mashed canned, stewed or soft fresh fruit e.g. banana	Fruit juice Fruit smoothies Canned, stewed or soft fresh fruits e.g. banana, pear, melon, mango
Vegetables	Add vegetables to soups – blend to a smooth fluid consistency	Pureed or mashed vegetables (using milk and butter)	Mashed or soft cooked vegetables (avoid sweetcorn)
Meat, fish, poultry, eggs, nuts	Add meat, fish, chicken to soups – blend to a smooth fluid consistency Avoid nuts	Pureed meat, fish and chicken with gravy or sauce e.g. pureed stew Avoid nuts	Soft cooked meat, fish and chicken with gravy or sauce e.g. stews, mince Omelette, scrambled, poached and boiled eggs Baked beans, lentils Avoid nuts

Dietary information			
Food group	Fluid diet	Pureed/mashed diet	Soft diet
	One or two days following surgery (or as your doctor's instructions)	For two weeks (or as your doctor's instructions)	For six weeks (or as your doctor's instructions) and then slowly increase to normal diet as tolerated
Milk, yoghurt, cheese	Milk, drinking yoghurts	Milk, smooth yoghurt, cheese spread	Milk, yoghurt, cheese
Other foods	Thin custard, plain ice cream, jelly	Mousse, crème caramel, baked egg custard	Rice pudding, biscuits softened with warm drink, cake softened with custard, chocolate

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Dietitians at Russells Hall Hospital on 01384 244017
(8.30am to 4.30pm, Monday to Friday)

Russells Hall Hospital switchboard number:
01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email
dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

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