

Post-Fundoplication Diet

Eating After Fundoplication

- Eat small, frequent meals 6 times a day.
- Avoid drinking with meals. Drink fluids between meals.
- Take small bites and chew your food well.
- Foods that are soft and moist will be easier to digest.
- Avoid gummy foods (breads, rice, pasta) since they can be hard to swallow.

Common Postoperative Complaints

Gas/Bloating

Due to the wrap (fundoplication), patients may have difficulty belching and expelling air swallowed while eating. This is because the connection between the stomach and the esophagus is no longer loose. This can result in temporary upper abdominal bloating and discomfort following meals (gas bloat syndrome). Post-surgical patients should be conscious of this phenomenon.

To minimize "gas:"

- limit swallowed air
- avoid drinking through a straw
- don't chew gum or tobacco; suck on candy or ice
- avoid any foods that you know cause stomach gas and distention (e.g. corn, dried beans, peas, lentils, onions, broccoli, cauliflower and any food from the cabbage family).
- avoid caffeine, carbonated drinks, alcohol, citrus and tomato products

Swallowing

Patients may experience a slight increase in difficulty swallowing following construction of a fundoplication wrap. This usually resolves itself with time.

Weight Loss

As a result of changes caused by these operations, most patients will experience some weight loss. The capacity of the stomach is decreased slightly and it doesn't distend as much until healing occurs. On average, our patients lose approximately 10% of their weight. For this reason, it is extremely important for patients to understand their protein and caloric needs following surgery. These guidelines are summarized in the last section of this patient handbook.

POST SURGERY DIETS & MENUS

CLEAR LIQUID DIET

[1-2 days after surgery]

The clear liquid diet you will follow in the hospital for 1-2 days after your surgery includes the following liquids:

- apple / grape juice (no orange juice)
- broth, flavored gelatin (Jell-O), popsicle
- decaf tea, no coffee or regular iced tea

Carbonated drinks (sodas) are not allowed for the first 2 weeks after surgery.

FULL LIQUID DIET

[Start 2-5 days after surgery]

The full liquid diet is prescribed for 1-3 days. It is usually initiated in the hospital and continued at home for several days following your discharge from the hospital.

The full liquid diet you will follow contains anything on the clear liquid diet-plus:

- milk (except chocolate milk)
- strained low fat cream soups (except tomato & broccoli)
- pudding (except chocolate)

- plain or vanilla yogurt
- high protein shakes (except chocolate)

Note: Dairy products may cause diarrhea in some patients just after surgery. You may need to avoid milk products at first and try them in small amounts as you advance your diet. Consider lactose free milk.

SOFT ESOPHAGEAL DIET
[Start 4-7 days after surgery]
Remember to eat 6 small meals a day.

Beverages

You need extra fluids throughout the day to meet your fluid needs.

Beverages to Choose	Beverages to Avoid
<ul style="list-style-type: none"> ▪ low fat milk, unsweet soy milk, nut milk beverages (except chocolate flavor) ▪ decaf tea, herbal tea ▪ non-citrus juices e.g. apple, grape 	<ul style="list-style-type: none"> ▪ chocolate milk, cocoa ▪ coffee, iced tea, green tea, black tea ▪ decaf coffee ▪ carbonated drinks ▪ alcoholic beverages ▪ citrus juices (orange, grapefruit, lemon, lime, pineapple)

Bread

None allowed for 6 weeks after surgery

Breads to Choose	Breads to Avoid
<ul style="list-style-type: none"> ▪ NONE 	<ul style="list-style-type: none"> ▪ ALL ▪ bread, bread products & crackers ▪ with nuts, seeds, fresh & dried fruit, coconut & those that are highly seasoned (including garlic & onion) ▪ sweet rolls, coffee cake & donuts

Cereals

Choose low sugar options (less than 10grams per serving)

Cereals to Choose	Cereals to Avoid
<ul style="list-style-type: none"> ▪ Low sugar cereals <10g sugar ▪ Plain Rice Krispies ▪ Cheerios (except chocolate) ▪ Corn Flakes 	<ul style="list-style-type: none"> ▪ very coarse cereals (bran flakes, shredded wheat, granola, muesli) ▪ cereals with dried fruit, seeds, nuts

Desserts & Sweets

Eat in moderation to help prevent excess weight gain. Do not eat desserts or sweets by themselves.

Desserts & Sweets to Choose	Desserts & Sweets to Avoid
<ul style="list-style-type: none"> ▪ Limit intake of sweets 	<ul style="list-style-type: none"> ▪ Chocolate in any form ▪ Candy/desserts containing coconut, nuts, seeds, dried fruit, peppermint & spearmint flavor ▪ chewing gum ▪ hard candy

Fats

Eat in moderation.

Fats to Choose	Fats to Avoid
<ul style="list-style-type: none">▪ butter▪ mayonnaise▪ all oils▪ plain cream cheese▪ cottage & ricotta cheeses▪ mild cheese (American, mozzarella & baby Swiss)▪ mildly seasoned salad dressings made with allowed ingredients	<ul style="list-style-type: none">▪ fried foods▪ strongly flavored cheeses (e.g. sharp cheeses & cheese containing peppers or other seasonings)▪ all nuts▪ crunchy peanut butter▪ bacon, bacon fat, ham, ham fat, lard & salt pork▪ highly seasoned cream sauces & gravies▪ high fat cream soups▪ highly seasoned salad dressings

Fruits

Fruits to Choose	Fruits to Avoid
<ul style="list-style-type: none">▪ any canned or cooked fruit▪ fruit juice, except citrus and tomato juice	<ul style="list-style-type: none">▪ all fresh & dried fruit▪ fruits with seeds or skin (e.g. berries, figs & raisins)▪ all citrus fruits & juices

Meats, Poultry & Fish

You may begin eating all allowed meat products 7 days after surgery. Prepare any way, except fried. Try baking, broiling, roasting, stewing, or simmering.

Foods to Choose	Foods to Avoid
<ul style="list-style-type: none">▪ finely ground beef, lamb, pork, veal, poultry▪ grilled/baked fish (except fried, blackened, heavily seasoned)	<ul style="list-style-type: none">▪ tough meats with a lot of gristle▪ fried, highly seasoned, smoked & fatty meat or poultry (e.g. frankfurters, luncheon meats, sausage, bacon, spare ribs, beef brisket, duck & goose)▪ chili & other entrees made with pepper or chili powder▪ shellfish, sardines & anchovies

Miscellaneous

Miscellaneous Items to Choose	Miscellaneous Items to Avoid
<ul style="list-style-type: none">▪ salt, flavoring extracts, spices & herbs, depending on how your body reacts to them▪ small amounts of ketchup, mustard & vinegar▪ sugar substitutes	<ul style="list-style-type: none">▪ pickles & olives▪ chili sauce, ketchup, barbecue sauce, horseradish, black pepper, chili powder, onion & garlic seasonings▪ any other strongly flavored seasoning, condiment, spice or herb not tolerated▪ popcorn▪ carbonated drinks▪ anything with caffeine▪ alcoholic beverages▪ any food not tolerated

Potatoes & Starches

Potatoes & Starches to Choose	Potatoes & Starches to Avoid
<ul style="list-style-type: none">▪ peeled white or sweet potatoes▪ rice, enriched noodles, barley, spaghetti, macaroni & other pastas<ul style="list-style-type: none">○ well-cooked, soft	<ul style="list-style-type: none">▪ fried potatoes, potato skins & potato chips▪ fried, brown or wild rice

Soups

Soups to Choose	Soups to Avoid
<ul style="list-style-type: none">▪ mildly flavored meat stocks▪ low fat cream soups	<ul style="list-style-type: none">▪ highly seasoned soups▪ tomato & broccoli soups

Vegetables

No raw vegetables

Vegetables to Choose	Vegetables to Avoid
<ul style="list-style-type: none">▪ cooked fork-tender vegetables without seeds or skins	<ul style="list-style-type: none">▪ raw vegetables, tomatoes, tomato juice, tomato pasta, tomato sauce & V-8 juice▪ gas-producing vegetables (e.g. broccoli, Brussels sprouts, cabbage, cauliflower, onions, corn, cucumber, green peppers, turnips & rutabagas)▪ radishes & sauerkraut▪ dried beans, peas & lentils

You will be on this diet for up to 6 weeks.