

Nutritional Advice for patients following Fundoplication Surgery

Key Messages

The food pipe that joins the throat to the stomach (the oesophagus,) becomes swollen and irritated temporarily after surgery. We recommend you modify the texture, temperature and types of food you eat to assist the body to heal and to help minimise symptoms such as difficulty swallowing, food getting stuck, pain or abdominal bloating. Over time, you will progress your diet towards normal.

General Guidelines

- Eat and drink slowly – avoid gulping
- Eat small frequent meals throughout the day.
- To avoid bloating/gas – avoid fizzy drinks, chewing gum or drinking straws
- When on the fluid diet, limit clear fluids such as cordial, alcohol, tea and coffee as these provide little nutrition.
- Aim to consume more nourishing drinks particularly soon after your surgery to help with recovery.
- Sit upright when eating and remain upright for 60 minutes after meals.
- It is important to have a well-balanced diet to give your body the right nutrition to function properly. Choose a variety of different foods for good health and to ensure adequate energy and protein intake as you may be eating less than usual.

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.

Upgrading of Diet after Surgery

Your diet will progress in stages beginning with liquids and slowly advancing to a soft diet. We have recommended time periods for each stage as a guidelines, however please be aware that everyone's tolerance to food may be different. All food groups can still be enjoyed depending on which phase of the diet you are following. (refer to the dietary information over the page).

FLUID DIET (first 2 weeks)

Whilst in hospital you will start you on a fluid diet which needs to be maintained after discharge for the first 2 weeks after surgery.

PUREED/MASHED DIET (weeks 2-4)

If you feel no pain or discomfort swallowing fluids at the end of the 2 weeks you can start on a pureed/mashed diet for the next 2 weeks.

SOFT DIET (from week 4 onwards)

If you feel no pain or discomfort on the pureed diet after 2 weeks, proceed to a soft diet avoiding any lumps (e.g. pieces of steak/sausage, bread) 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.

FOOD GROUP	FLUID DIET 2 weeks (or as per your Doctor)	PUREED DIET 2 weeks (or as per your Doctor)	SOFT DIET 2 weeks (or as per your DOCTOR) and then slowly increase to normal diet as tolerated	Foods to AVOID
Bread, Cereals, Rice, Pasta, Noodles	Strained porridge or semolina made on milk. Add pasta and rice to soups & blend to a smooth fluid consistency.	Porridge or cereal softened with milk	Porridge or cereal softened with milk. Well cooked pasta and rice Bread softened with spread.	Breads Donuts Crackers Balls of rice
Vegetables, Legumes	Vegetable juice Add vegetables and legumes to soups & blend to a smooth fluid consistency.	Vegetable juice Pureed or mashed vegetables (using milk and butter)	Vegetable juice Mashed or soft cooked vegetables (excluding corn).	Raw or cooked whole vegetables
Fruit	Fruit juice Add fruit to milkshakes & blend to a smooth fluid consistency.	Fruit juice Pureed or mashed canned, stewed or soft fresh fruit e.g. banana, paw paw, pear.	Fruit juice Canned, stewed or soft fresh fruits, e.g. banana, paw paw, mango, pear, watermelon.	Raw or cooked whole fruit or dried fruit
Milk, Yoghurt, cheese	Milk, drinking yoghurt	Milk, plain yoghurt (no fruit/muesli/nuts), cheese spread	Milk, yoghurt with fruit/muesli/nuts/cheese	Hard cheese
Meat, fish, poultry, eggs, nuts, legumes	Add meat, fish, poultry, and legumes to soups & blend to a smooth fluid consistency. Egg flips.	Pureed meat, fish, poultry and legumes with gravy/sauce e.g. pureed casserole. Tofu.	Soft cooked meat, fish, and poultry with gravy/sauce e.g. casseroles, mince. Omelette, scrambled, poached and boiled eggs. Baked beans, lentils	Tough or gristly meat/chicken/fish Raw nuts or seeds
Extra foods	Thin custards, plain ice cream, jelly, cordial, Milo, flavoured milk	Mousse, crème caramel, flavoured milk, butter, baked egg custard	Creamed rice, biscuits dunked to soften, cake served with ice cream or custard, chocolate	Popcorn Chips Cookies/biscuits Hard lollies