

# Nutritional Advice for patients following Fundoplication Surgery

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This serves as a guideline, kindly contact the rooms with any questions or queries

## Upgrading of Diet after Surgery

The following outlines the progress and time frame for your diet upgrade after surgery. The time frame for your diet upgrade may vary from the one given below depending on your tolerance of the diet.

### FLUID DIET/ PUREED/MASHED DIET

Whilst in hospital you will start on a fluid diet, which may be maintained after discharge for the first 2-3 days after surgery. If you feel no pain or discomfort swallowing fluids at the end of the 3 days you should start on a pureed/mashed consistency diet for the next 2 weeks.

### SOFT DIET

If you feel no pain or discomfort on the pureed diet at the end of the 2 weeks, proceed to a soft diet avoiding any lumps (**e.g. pieces of steak/sausage, bread**) and gradually increase to a normal diet. (Refer to dietary information over page)

If any pain or discomfort occurs, you should return to the texture previously tolerated and then try again later. Progression from a soft diet to a normal diet is very individual and may take some time.

## Key Messages

The operation you have undergone has made the oesophagus less pliable where it enters the stomach.

This is completely normal and due to the swelling that occurs after surgery.

As the swelling settles, the oesophagus will become accommodating and you will be able to manage a normal diet.

## **General Guidelines**

- ▶ Eat and drink slowly – avoid gulping down food and fluid.
- ▶ To help minimise burping/belching – avoid drinking fizzy drinks, chewing gum or drinking through a straw.
- ▶ When on the liquid diet limit the use of clear fluids such as cordial, alcohol, tea and coffee as these provide little nutrition.
- ▶ You need to aim to consume more nourishing drinks such as milkshakes, 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.

### **No bread and solid meat/chicken for 4 weeks**

- ▶ All food from the food groups can still be enjoyed depending on which phase of the diet you are following.

Reference: 1. Australian Guide to Healthy Eating. NHMRC

2. Queensland Health Dietitian/ Nutritionists

<b>Food Group</b>	<b>Fluid Diet</b>	<b>Pureed Diet</b>	<b>Soft Diet</b>
	<i>2-3 days (or as tolerated)</i>	<i>2 Weeks (or as tolerated)</i>	<i>2 Weeks (as tolerated) and then slowly increase to normal diet</i>
<b>Bread, Cereals, Rice, Pasta, Noodles</b>	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.  Add pasta and rice to soups – blend to a smooth consistency.	Porridge or cereal softened with milk.  Pasta and rice  Bread softened with spread. (after 4 weeks)
<b>Fruit</b>	Fruit juice  Add fruit to milkshakes – blend to a smooth fluid consistency.	Fruit juice  Pureed or mashed canned, stewed or soft fresh fruits	Fruit juice  Canned, stewed or soft fresh fruits e.g. banana, paw paw, mango, pear, watermelon.
<b>Vegetables, Legumes</b>	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).
<b>Meat, Fish, Poultry, Eggs, Nuts, Legumes</b>	Add, fish, 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. Scrambled eggs	Soft cooked meat, fish, and poultry with gravy/sauce e.g. casseroles, mince. All eggs. Beans, lentils  <b>(avoid solid meat for 4 weeks)</b>
<b>Milk, Yoghurt, Cheese</b>	Milk, drinking yoghurt	Milk, plain yoghurt (no fruit/muesli/nuts), cheese spread	Milk, yoghurt with fruit/muesli/nuts, cheese
<b>Extra foods</b>	Thin custard, plain ice cream, jelly, cordial, MiloTM, 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