

+ Post-Fundoplication Diet

Winchester Medical Center

Purpose:

The Post-Fundoplication Diet is designed for use as a postoperative dietary regime to slowly get you back to your normal eating routine. It is designed to maintain nutrition using a food consistency that can be easily chewed, swallowed and passed through the esophagus. The diet should be followed immediately after your procedure.

General Guidelines:

- Following this special diet after surgery is necessary while healing takes place and normal swelling around the esophagus resolves.
- Your diet will advance in stages, starting with clear liquids and slowly progressing to a normal diet over several weeks.
- Eating small, frequent meals is recommended to ensure nutritional adequacy and to prevent feeling too full (distention). Large meals, especially “all-you-can-eat” occasions, should be avoided.
- Avoid eating meals or snacks within two hours of lying down.

Tips for Tolerating Food:

- Sit upright while eating and remain upright afterwards.
- Sip fluids slowly and throughout meals to aid in digestion (Using a straw may contribute to gas formation- use with caution).
- Once eating solid foods: take small bites and chew slowly and thoroughly.
- Avoid carbonated beverages and alcohol. Consult physician on resuming consumption of these beverages.

Note: Everyone’s tolerance to food after the surgery is different. Your doctor may have you advance more quickly or more slowly according to your individual progress.



Diet Overview



Stage 1: Clear Liquid Diet

Timeline: 1-2 days post-op

This diet will begin while you're in the hospital. It is recommended to follow this for 1-2 days post surgery to ensure that liquids pass easily.

Foods Allowed:

- Water
- Apple Juice
- Cranberry Juice
- Grape Juice
- Broth
- Jello
- Coffee (without milk or cream), tea
- Italian ice, Popsicles

***Remember to sip liquids slowly!**

NO: carbonated beverages, solid foods, thick liquids, alcohol, gum or hard candy.



Stage 2: Full Liquid Diet

Timeline: 3-5 days, after completion of Stage 1

After clear liquids are tolerated you may advance to a full liquid diet for the 3-5 days to follow. **In addition to foods on the clear liquid diet, you may consume:**

- Milk
- Cream of Wheat or Rice
- Thinned Oatmeal
- Strained Cream Soups (no chunks)
- Ice Cream/Sherbet/Custard or Pudding
- Yogurt (without fruit seeds)
- Milkshakes or Frappes
- All Fruit and Vegetable Juices
- Supplemental Nutrition Drinks such as Boost, Ensure, or Carnation Instant Breakfast

***Remember to chew well & sip slowly!**

NO: carbonated beverages, solid foods, alcohol, gum or hard candy.





Diet Overview



Stage 3: Blenderized Diet

Timeline: 3-5 days, after completion of Stage 2

The next stage of the diet involves adding foods of a pureed, blended or smooth texture. Foods that are blenderized require minimal chewing and are swallowed easily. **In addition to foods on stage 1 and stage 2 (clear and full liquids), you may now consume:**



- Pureed meats
- Pureed casseroles
- Pureed fruit and vegetables
- Mashed potatoes

***Remember to
chew well &
sip slowly!**



Tips for blenderized foods:

- Foods may be easier to blend/chop when you pre-cut them into smaller chunks before placing them into a food processor. After blending, foods should be strained to remove large chunks, seeds or fibers.
- When blenderizing solid foods, mix 50% solid food with 50% liquid.
- Try consuming blenderized foods right away so they do not spoil. Otherwise they may be refrigerated up to 48 hours or kept frozen.





Diet Overview



Stage 4: Soft Diet

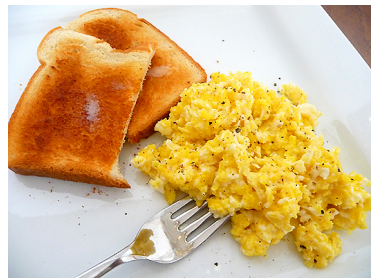
Timeline: 7-10 days, after completion of Stage 3

The final diet stage advances to foods that are soft in consistency and easily digested. **Remember to continue to eat small, frequent meals, chew thoroughly and take sips of liquid every few bites.** Continue on this soft diet until your doctor instructs further diet advancement.

Food selections include all foods in stages 1-3 plus the following:



- Cold cereals well softened with milk (mushy consistency)
- Well toasted thin breads
- Pasta or noodles, chopped and mixed with sauce
- Soft, well cooked vegetables
 - For example: asparagus tips, beets, carrots, mashed squash and other chopped cooked vegetables
 - Avoid: corn, peas, lettuce and any raw or stringy vegetables
- Soft canned fruit or ripe fruit
 - For example: bananas, peeled peaches or nectarines
- Soft cooked or scrambled eggs
- Moist, ground or diced tender meats with gravy



Key Items to Avoid:

- Soft bread, nuts, seeds, dried fruit and popcorn
- Dry meats, hard cooked eggs, peanut butter
- Coconut
- Raw vegetables and hard fruits
- Rice



Continue on this diet until instructs you to resume a normal diet as tolerated. Remember to continue to chew well and eat slowly.



****If you have any questions, please call the WMC dietitian's office at: 540-536-8115.**

[Revised September 2011]