

NUTRITION GUIDELINES AFTER NISSEN FUNDOPLICATION

General guidelines:

- Following a special diet after surgery is necessary for healing.
- Your diet will progress in stages beginning with liquids and slowly advancing to a soft diet.
- You may need to progress the diet slower than recommended if you are having difficulty.
- Eating six to eight small, frequent meals per day is recommended to ensure adequate nutrient intake and to prevent feeling too full (distention).

Tips for tolerating food:

- Sit upright while eating.
- Remain upright for 20 minutes after eating.
- Sip fluids slowly. Avoid using a straw to prevent too much gas.
- Once on solids, chew food well and eat slowly.
- Avoid caffeine, carbonated beverages, and alcohol.
- Do not chew gum

Stage 1

Clear liquid diet

It is recommended to follow a clear liquid diet for 1-3 days after surgery.

Food Allowed:

- o Apple Juice
- o Cranberry Juice
- o White Grape Juice
- o Broth or consommé
- o Jell-O
- o Decaf coffee or tea (without milk)
- o Italian Ice/Popsicles

Full Liquids

After clear liquids are tolerated you may advance to full liquids. It is recommended to follow on this diet for 1 week. You may continue to include foods allowed on the clear liquid diet.

Food allowed:

- o Milk
 - o Cream of wheat or rice
 - o Strained cream soups
 - o Ice cream/ sherbet/ custard/ pudding
 - o Yogurt (without fruit seeds)
 - o Milkshakes/ frappe
 - o Fruit and vegetable juices
- Once on full liquids it is recommended to add a supplement.
(Boost, Ensure, Carnation Instant Breakfast etc.)

Stage 2

Blenderized Diet

The next stage of the diet introduces additional food in a puree / smooth texture. Foods that are blenderized require minimum chewing to allow easier swallowing. You may continue to consume items allowed on clear and full liquid diets. It is recommended to follow this stage for 1-2 weeks.

Foods to add into diet:

- o Pureed meats
- o Puree/ blended casseroles
- o Puree fruit and vegetables
- o Mashed potatoes
- o Cooked cereals, such as cream of wheat, oatmeal and rice

Tips when blenderizing foods

- Foods may be easier to blend if you cut them into small pieces before placing them into a blender or food processor. After blenderizing, foods should be strained to remove chunks of food, seeds, or fibers.
- When blenderizing solid foods, mix an equal amount of the solid food with liquid. For example, blend one cup of cooked pasta with one cup of vegetable juice. If you are blending fruits or vegetables, you can use less liquid.
- Try to use blenderized foods right away so they will not spoil. Blenderized foods may be stored in the refrigerator for up to 48 hours or placed in the freezer.

Stage 3 Soft Diet

The final stage advances to foods that are soft in consistency and easily digested. Remember to chew food well. Use your judgement when advancing to this stage. Continue with the soft diet until your doctor instructs on further diet advancement.

Food selections:

- o Cooked cereals
- o Cold cereals that soften with milk
- o Mashed potatoes
- o Pasta/ noodles with sauce
- o Soft cooked vegetables
- o Soft canned fruit or ripe fruit such as bananas
- o Scrambled eggs
- o Moist tender meats with gravies
- o Dairy products (yogurt without fruit seeds)
- o Fruit and vegetable juices

Key Items to avoid:

- o Nuts, seeds and dried fruit
- o Dry meats
- o Crackers, breads
- o Peanut butter
- o Coconut