



## PATIENT EDUCATION

# Nissen Fundoplication Diet Guidelines

### Why do I need to follow a special diet?

After your surgery, the area where your esophagus connects to your stomach is going to be tender as it heals. This can make swallowing uncomfortable. You will need to follow a pureed diet for 3-4 weeks after surgery to allow your body to heal. Your goal is to get enough calories and protein in your diet to help you heal without bothering the surgical site.

### General Guidelines:

- You will follow a pureed diet until your doctor allows you to go back to a regular diet, usually 3-4 weeks.
- Eat small amounts more often. Try 4-6 meals every day, trying not to over-eat at any time.
- Eat slowly taking small bites/sips.
- Sit upright for at least 30-60 minutes after eating, especially at night before going to bed.
- Do not eat citrus and tomato foods for 2 weeks after surgery, they can cause irritation in the stomach.
- Do not eat foods that can cause gas (examples: pureed beans, cabbage, broccoli, cauliflower, brussels sprouts, onions, apple), and do not drink carbonated beverages (soda, beer) as they will add extra air into your stomach.
- Caffeine in moderation is OK.
- Do not drink alcohol for 24 hours after surgery and/or if you are taking opioids.

Once in a while after surgery, patients struggle with Dumping Syndrome. Dumping Syndrome can make your stomach upset by causing cramping, cold sweats, dizziness and liquid stool. Call your surgeon if you experience these symptoms. Foods that usually cause Dumping Syndrome are very sweet foods like regular pop, other sugary drinks, sometimes juice, candy, desserts and syrup. Too much fat at a meal can also cause dumping. Dumping Syndrome doesn't happen often, but you can help prevent it from happening by not eating lots of sweets and fats.

### Pureed Diet Guidelines:

You can puree many of the foods you normally make at home. Homemade pureed foods can taste better than store bought ones. To puree foods at home, you need:

- A strainer
- A blender, food processor or grinder

### Steps for making pureed foods

1. Remove skins, seeds, pits, bones, and other inedible parts of foods.
2. Cut food into small pieces.
3. Cook food until tender. Food already cooked such as canned fruits, vegetables or meats and fish do NOT need further cooking.

Add liquids or fats (milk, yogurt, ice cream, broth, gravy, butter, margarine, sour cream, etc.) to help wet foods making them easier to puree.