

Nutrition Guidelines

POST NISSEN FUNDOPLICATION ANTI-REFLUX DIET

Consume six or more small meals per day to maintain nutrition but avoid overfilling your stomach.

Choose from different food groups for variety during the diet progression.

Do not serve beverages on ice, as this may cause the esophagus to spasm or tighten. Avoid large gulps of fluids, but do make sure you are drinking at least 64 ounces per day.

Follow the diet progression back to a normal diet - usually 6 weeks following your post-operative appointment.

DIET PROGRESSION

After surgery your diet will progress as outlined below. This progression will allow the esophagus adequate time to heal properly. The rate of progression depends upon how quickly your body adjusts to the change in eating patterns and the texture of foods.

Step 1: Clear Liquids Immediately after surgery, you will be given water and ice chips.

Take very small sips of water and suck on the ice chips until they are completely dissolved. The nursing staff will advance your liquids as you tolerate them. Sip on liquid throughout the day. This stage is recommended for the first few hours after surgery.

- Any bouillon/broth
- Clear (non-acidic) vegetable and fruit juices
 - White grape juice
 - Apple juice
- Jello
- Italian Ice/popsicles – allow to melt in your mouth before swallowing

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Step 2: Full Liquids – Week 0-2

This stage introduces liquids and foods that are opaque (unable to see through). Liquids should be smooth and free of chunks. You should continue to drink clear liquids.

Full liquid items to add:

- Milk
- Pureed and strained soups
- Yogurt without fruit pieces, seeds, nuts
- Meal replacement shakes/protein shakes
- Optifit protein shakes, smoothies, and soups (available in clinic)
- Ice Cream/sorbet/custard/puddings
- Cream of Wheat or Cream of Rice cereal
- Pureed fruits and vegetables

Step 3: Soft/Solid Diet - Weeks 3-5

This stage advances to foods that are soft in consistency and easily digested. Continue to consume clear liquids and full liquids. Choose soft food textures that would mash easily with a fork. You may begin adding:

- Pasta noodles/sauce
- Soft canned or cooked vegetables
- Soft canned fruit
- Scrambled/soft boiled/poached eggs
- Moist tender meats with gravies
- Baked fish
- Cottage cheese

Step 4: Regular Diet - Weeks 6 and beyond

You may begin to add foods of course/regular consistency/texture upon the recommendation of your physician, typically after your 6 week follow-up endoscopy.

- Tough meats
- Breads
- Raw fruits and vegetables
- Nuts and seeds

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Words of wisdom:

To minimize abdominal gas, avoid caffeine, carbonated beverages, chocolate, alcohol and acidic fruits and vegetables. Avoid foods that you know cause gas and distention.

Refrain from chewing gum and the use of straws that promote swallowing of air and add to abdominal gas.

To ease swallowing: **take small bites and chew well.** Use sips of fluids or sauces to moisten food. Eat only until you feel satisfied, not full.

Sit upright while eating and stay upright for 30 minutes after meals. Allow 2 hours of sitting upright before retiring for the night.