

## Fundoplication or Nissen Diet

### Purpose of Diet

Following this diet after surgery will help minimize problems swallowing and irritation of the esophagus that can be a result of swelling at your surgery site. Your fundoplication functions as a one-way valve between your esophagus and stomach. After surgery, it will be swollen and slow to open initially, so you must adhere to a pureed or liquid diet for the first 2 weeks and then slowly transition back to traditional food choices as the swelling resolves. This will help prevent chest pain, choking on food, and yield a smoother recovery.

### General Guidelines

- 4-6 smaller meals each day—eat every 2-4 hours. Start by eating about 1 cup per meal.
- Choose soft, moist foods that are easier to chew and swallow. See chart below for ideas
- Take smaller bites and be sure to chew your food thoroughly. You should be chewing your food to a baby food consistency.
- If needed at first, use blender to puree foods to a more easily tolerated consistency.
- Avoid cold liquids of food for the first 2-3 weeks as they can cause painful esophageal spasm or irritation.
- To minimize the amount of air you swallow, which can produce excess gas, avoid gulping food or drinks, do not chew gum or tobacco, and avoid drinking with a straw. No carbonated beverages.
- Sit upright while eating and stay upright for 30-60 minutes after your meals.

### Step 1 (Days 2-14) – Pureed Diet

During this phase you will begin a pureed or liquid diet. A good way to think of it is “things you could eat without teeth,” baby food consistency or things you could pour out of a pitcher or get through a straw (although you should not eat with a straw). See chart on next page for ideas on what you should and should not be eating.

### Step 2 (Days > 15) – Soft Diet

Two weeks post-op you may begin to eat soft foods such as moist chicken, fish, soft cooked vegetables and a small amount of ground beef. A soft diet is generally required for about 6 weeks following surgery. You may slowly venture back towards your pre-operative diet as tolerated over the following weeks but continue to chew your food thoroughly and take small bites and eat slowly. Everyone responds differently so it may take 6 weeks to 3 months before you can return to your pre-operative dietary choices. Dry bread, heavily marbled meats, or other food that may “hang up” above your wrap will always be the most difficult foods to tolerate and one will always need to eat more slowly.

Fundoplication Diet Food Group	Foods to Enjoy	Foods to Avoid
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<p><b>Beverages</b></p>	<p>Drinks that are smooth and contain no chunks - Milk, Decaf Tea, Powdered Drink Mixes, Non-Citrus Juices, Milkshakes, Smoothies (with soft fruits)</p>	<p>Chocolate Drinks, Caffeinated Drinks, Decaf Coffee, Carbonated Drinks, Alcohol, Citrus Juices</p>
<p><b>Grains</b></p>	<p>Cooked cereal like oatmeal, cream of wheat or cream of rice, overcooked pasta, cold cereal that's been soaked until soggy</p>	<p>Whole-Grain Breads and Cereals, Whole-Grain Pasta and Rice, Anything with Nuts or Seeds, Dried Fruit, Coconut, Sweet Rolls, Coffee Cake, Donuts, Biscuits, Crackers, Popcorn</p>
<p><b>Meats and Beans</b></p>	<p>Very finely ground meat and poultry in gravy or sauce, soft scrambled eggs – can transition to moist, chopped meat for Step 2</p>	<p>Fried chicken or fish, fish with bones, chunks of meat or poultry, sausage, smoked meats, cold cuts, hard-boiled eggs, peanut butter, dried beans, nuts, or seeds</p>
<p><b>Dairy</b></p>	<p>All types and flavors of milk, eggnog, smooth yogurt and ice cream without nuts or chunks, cottage cheese (small curd), and cream cheese, melted cheese</p>	<p>Yogurt and ice cream with nuts or chunks, cold hard cheeses, and holiday cheese balls with nuts, seeds or whole herbs</p>
<p><b>Fruits</b></p>	<p>Cooked or canned fruits, fresh fruit that is pureed, ripe soft banana, avocado</p>	<p>All raw fruit unless it's pureed, dried fruits, coconut, citrus fruits and pineapple</p>
<p><b>Vegetables</b></p>	<p>Cooked or canned vegetables that are very soft and mushy or pureed, vegetable juice</p>	<p>All raw vegetables, including corn, fried vegetables, cucumbers, peppers, French fries, and hash browns</p>
<p><b>Fats</b></p>	<p>Butter, margarine, mild salad dressing, mayonnaise, gravy, cream and cream substitute, sour cream, vegetable and olive oils</p>	<p>Fried foods</p>
<p><b>Soups</b></p>	<p>Soup with mildly seasoned broth, strained broth, bouillon, soft-cooked ramen noodles, chicken soup with soft noodles, smooth and creamy soups</p>	<p>Bean soup, gumbo, soup with rice, chunky soups, chowders, and chili</p>