

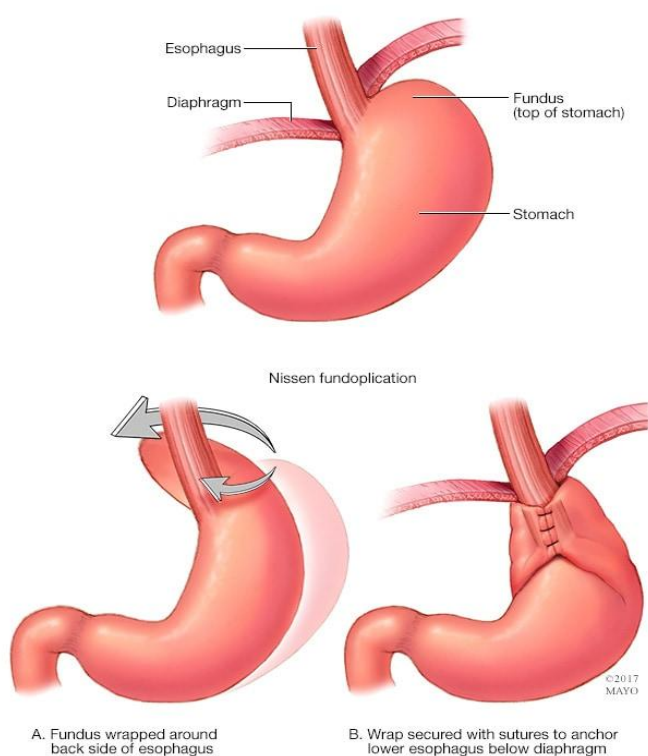
Dietary advice following Fundoplication

Information for patients



Fundoplication is performed to treat gastro-oesophageal reflux. It is usually carried out using laparoscopic (keyhole) surgery. This operation prevents regurgitation of acid and stomach content into the oesophagus (food tube) which relieves symptoms such as heartburn, indigestion, and other medical conditions.

Prior to your surgery, the lower oesophageal sphincter at the top of your stomach wasn't tight enough. This allowed stomach content to splash up into your oesophagus and cause acid reflux. The surgery will correct this by wrapping the upper part of the stomach around the bottom end of the oesophagus. This will help to stop stomach acid from escaping up your oesophagus.

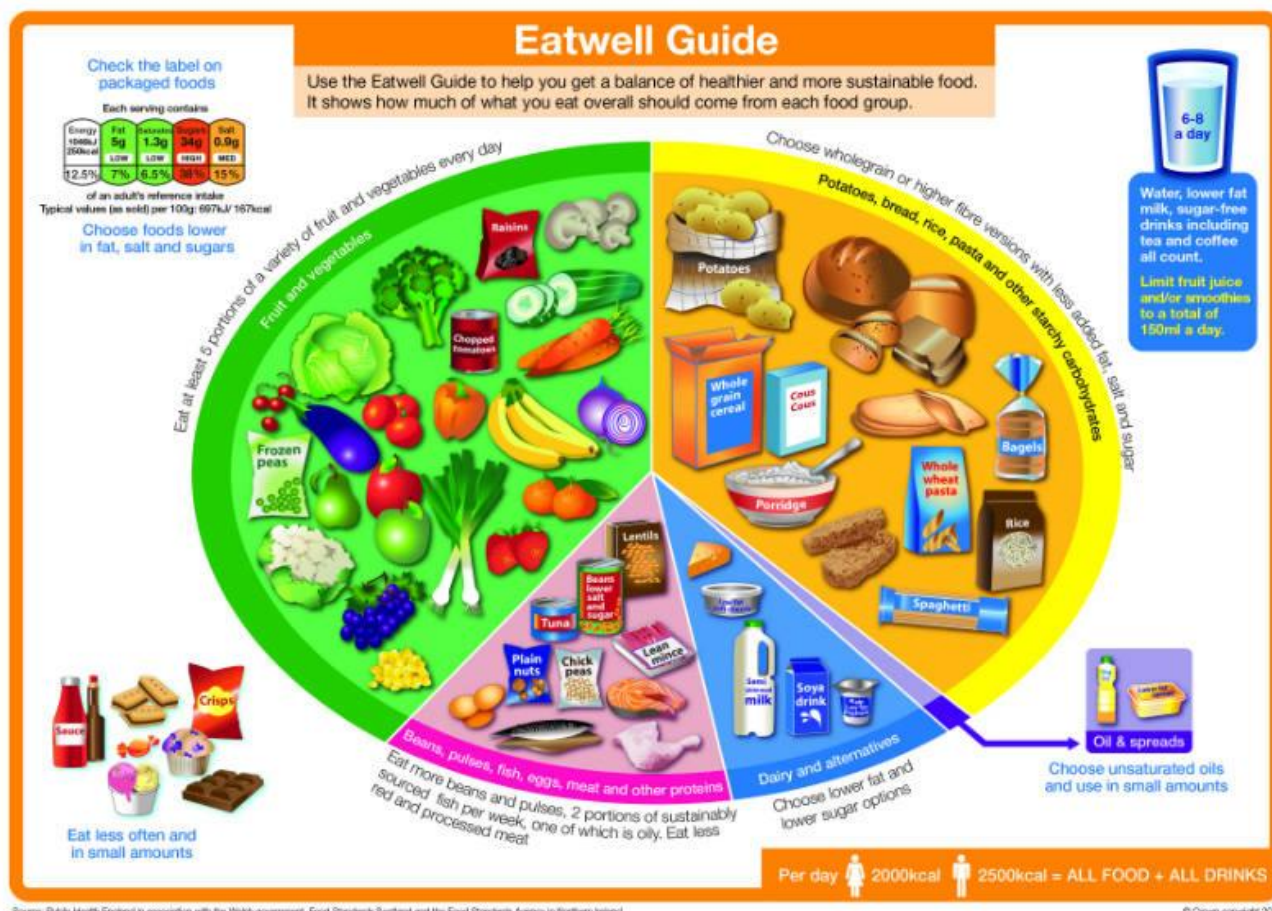


To ensure proper healing and prevent the muscle from stretching you should follow the dietary guidelines contained in this booklet.

You are advised to follow a **soft diet for 5-6 weeks** following surgery.

What is a soft diet?

A soft diet includes foods from each main food group (carbohydrate, dairy products, meat/fish products and fruit and vegetables). A soft meal can be mashed or broken down with pressure from a spoon or fork, (see the example menu for further ideas/explanation).



Useful tips when eating

- Eat **slowly** and concentrate on what and how you are eating
- **Chew** your food well
- Take **small** meals/snacks
- Sit **upright** when eating
- Swallowing air can cause wind. To prevent this, avoid:
 - Drinking through a straw
 - Chewing chewing-gum
 - Chewing with your mouth open.

Foods to avoid

- Bread/pasta
- Fizzy drinks
- Tough meats
- Raw vegetables
- Fibrous fruit (including skins)
- Nuts.

You should avoid these for the **first 6 weeks** after your surgery.

Foods to be aware of

In the first 6 weeks after the operation swallowing will be more difficult and the ability to belch/burp may be reduced. This is because the 'wrap' or 'valve' may be swollen and the general area is tighter than before the surgery. Food may also stick in the oesophagus.

Foods that stick

- Tough meats
- Bread
- Citrus fruit
- Celery
- Nuts
- Crackers
- Hard fruit
- Raw vegetables

Wind/bloating causing foods

- Fizzy drinks
- Beer
- Lager
- Caffeinated drinks
- Sweetcorn
- Peas
- Broccoli
- Cabbage
- Tomato products
- Onions
- Pulses

Very hot/cold foods

Allow cold food to melt in the mouth before swallowing.

Dietary guidance

Day 1

- Drink **fluids** only

For example: tea, coffee, diluting juice, jelly, clear soup

Day 2

- Drink **fluids** freely

For example: milk, smooth soup, custard, smooth yoghurt

Weeks 1-2

- Safe to try **pureed or mashed** foods and introduce **soft diet** slowly

Weeks 3-4

- Continue **soft** foods
- Eat small meals/snacks

Sample menu (soft diet)

Breakfast

Porridge with milk/cream
Stewed fruit
Egg (soft boiled, poached or scrambled)

Mid-morning

Milk
Yoghurt

Lunch

Soup
Pasta (extra sauce may be added)
Custard/mousse/ice-cream

Mid afternoon

Milk
Sponge cake

Evening meal

Meat/chicken/fish – **remove any skin/bones/gristle or fat**
Vegetables – **Cook until tender, drain and mash**
Potato – **Mash with milk and butter**
Fruit – **Tinned, fresh, or stewed**

After 4 weeks

You will have an out-patient appointment with the Surgeon to ensure you are making a good recovery.

Ensure that you eat a varied diet including all the food groups in order to meet your protein, energy and micro-nutrient requirements.

The majority of the population consume too many fats and, unless you are underweight you are advised to limit your fat intake. Try to cut down on fats such as:

- Cooking oil
- Biscuits
- Crisps
- Cakes
- Sugar

After 6 weeks – resuming a normal diet

It may take 4-8 weeks to return to a normal diet.

Try to take a trial-and-error approach to introducing foods back into your diet slowly.

However, in the instance that you are still experiencing difficulty with swallowing or having abdominal discomfort caused by trapped wind, we can arrange a further appointment to see your Consultant.

There may be further tests or a referral to a specialist dietician made to support your recovery.

[Surgical Dietitians, Royal Infirmary Edinburgh]

