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Diet after Laparoscopic Nissen or Toupet Fundoplication Surgery

This diet progression will help control diarrhea, swallow problems and increased gas that can occur after a laparoscopic Nissen fundoplication surgery. Your doctor will usually start your diet with clear liquids and advance it depending on your tolerance to food. Many people are able to return to a regular diet by the end of the fourth week.

Clear-liquid diet

Follow this diet right after your surgery (usually 1 to 2 days).

Start with small sips and limit amounts

(2 to 4 ounces to prevent feeling over-full)

Larger portions may be tolerated as you progress.

No carbonated beverages or alcohol of any kind.

Choose from the following liquids:

- Apple, cranberry or grape juice
- Chicken, beef or vegetable broth
- Plain gelatin
- Popsicles
- Decaffeinated tea

Full-liquid diet

Follow when directed by your physician to advance your diet (usually by the second or third day after surgery).

Include foods and beverages on the clear liquid diet, and the following foods:

- Milk
- Cream-of-wheat or cream-of-rice cereal
- Strained cream soups
- Ice cream, without nuts, candy, chocolate, fruits or seeds
- Sherbet
- Yogurt - smooth, without fruit or seeds
- Carnation Instant Breakfast or other nutritional beverage
- Dairy products may cause diarrhea in some people after surgery.
- Using lactose-free products may help avoid these problems.

- Try dairy products in small amounts at first to see how well they are tolerated.

Follow these guidelines for a smoother transition to your regular diet:

- Take small bites and chew your food well to make swallowing easier and to help digestion.
- Eat 6 to 8 small meals per day to prevent your stomach from stretching, which may cause discomfort.
- Choose foods that are soft and moist, as they will be easier to swallow and digest.
- Avoid carbonated beverages for the first 6 to 8 weeks after surgery.
- Avoid caffeine, alcohol, citrus and tomato products - these may cause stomach discomfort.
- Limit liquids with meals to 1/2 cup.
- Drink 6 to 8 cups of liquid daily to meet your fluid needs.
- Sip all liquids slowly to avoid nausea and vomiting.
- Limit sweets or high-sugar items as these may cause cramping and abdominal pain.
- Avoid any foods that you know will cause gas and bloating, such as broccoli, cauliflower, cabbage, and dried beans, peas or lentils.
- Avoid high-fat foods.
- Avoid drinking through a straw, or chewing gum or tobacco as these actions may cause you to swallow air and increase gas in your stomach.

Soft diet

Follow this diet when directed by your physician to advance your diet (usually by the fourth day after surgery):

Food group	Foods to choose	May cause distress
Breads and cereals	Moist pancakes, French toast, and waffles Most cereals (see next column for those to avoid) Plain crackers and toast if dry foods are tolerated	Bread products or crackers with nuts or seeds, or those that are highly seasoned Sweet rolls, coffee cakes, or doughnuts Very coarse cereals, such as bran, granola and shredded wheat Any cereal with fresh or dried fruit, coconut, seeds or nuts.
Potatoes and starches	Peeled white or sweet potatoes, rice, barley, and enriched pasta in sauce or gravy	Fried potatoes, potato skins, and potato chips Brown or wild rice Heavily seasoned starches Popcorn

Fruits and vegetables	Any canned or cooked fruits (except citrus) Bananas Vegetables without seeds or skins	All fresh or dried fruit Citrus fruits or juices Raw vegetables Tomatoes or tomato products Gas-producing vegetables, such as broccoli, cauliflower, cabbage and Brussels sprouts Dried beans, peas, and lentils
Meats, eggs, fish, poultry and cheese	Moist, finely ground or tender-cooked lean beef, pork, veal, poultry and fish (prepared without frying) Cottage and ricotta cheeses Plain, mild cheese, such as American, Brick and mozzarella Smooth peanut butter Plain, flavored or fruited yogurt (without seeds)	Tough meats Fried, highly seasoned, smoked and fatty meat, fish or poultry (frankfurters, lunch meat, sausage, bacon, spare ribs, sardines, anchovies, duck and goose) Entrees made with pepper or chili powder Shellfish Strongly flavored cheeses Crunchy peanut butter Yogurt with seeds
Beverages	Regular milk Decaf or herbal tea Powered drink mixes Non-citrus juices-apples, grapes, cranberries, and nectars Non-carbonated flavored waters	Chocolate-flavored drinks Drinks containing caffeine Decaf coffee Carbonated drinks Alcohol Citrus juices

Fats	Butter and margarine Mayonnaise and vegetable oils Mildly seasoned cream sauces and gravies Mildly seasoned salad dressings Plain cream cheese	Highly seasoned salad dressings, cream sauces and gravies Bacon, bacon fat, ham fat, lard and salt pork Fried foods Nuts and seeds
Desserts and sweets	Pies Pudding and custard Ice cream, frozen yogurt, and sherbet Gelatin Fruit ices and popsicles Sugar, syrup, honey, jelly, seedless jam Cake and cookies without nuts or seeds, if dry foods are tolerated	Desserts containing chocolate, coconut, nuts, seeds, fresh or dried fruit, peppermint or spearmint Jam, marmalade and preserves with seeds

Miscellaneous	Salt, flavoring extracts, spices and herbs)depending on how your body reacts to them) Ketchup, mustard and vinegar in moderation	Strongly seasoned condiments and spices Black pepper and chili powder Any food not tolerated
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Sample Menu

Breakfast

1/2 cup canned fruit (non-citrus)
1/2 to 3/4 cup cereal
1 small pancake with syrup
1 teaspoon margarine
1/2 cup 2% milk

Mid-morning snack

1/2 cup yogurt
Banana
1 cup decaf tea

Lunch

1/2 cup tuna pasta salad
1/2 cup canned peaches
1/2 cup fruit juice (non-citrus)

Mid-afternoon snack

1/2 cup pudding
1 cup 2% milk

Dinner

3 ounces roast chicken, moist and tender
1/2 cup mashed potatoes with gravy
1/4 cup carrots
1/2 cup canned pears
1 teaspoon margarine
1/2 cup decaf tea

Evening snack

1/4 cup cottage cheese
1/2 cup applesauce
1 cup milk

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.