Nutrition and Dietetics

Diet for Fundoplication Surgery

What is a Laparoscopic Nissen Fundoplication?

Laparoscopic (keyhole) Nissen Fundoplication is an operation to relieve chronic heartburn when it cannot be controlled with medication and/or lifestyle changes.

Heartburn is an uncomfortable burning feeling that usually starts in the middle of your chest, behind your breastbone, and moves upwards towards your neck and throat. Heartburn is usually caused when the contents of the stomach are pushed back into the gullet (oesophagus), causing irritation of its sensitive lining.

The causes may include:

- Gastro intestinal reflux disease (when acid from the stomach flows back up into the oesophagus).
- Hiatus hernia (when part of the stomach slides into your chest cavity).
- Certain foods, smoking and alcohol may make the symptoms of heartburn worse.

Surgery can relieve your symptoms of heartburn. However, in a small number of cases the symptoms can come back. Please discuss any concerns you may have with your surgeon.

Why do I need a special diet?

Following a special diet after surgery is necessary for healing. After the procedure, your diet will progress in stages beginning with liquids and slowly advancing to a soft diet. We have recommended time periods for each stage as a guideline, however please be aware that everyone's tolerance to food may be different.

General Guidelines

- Eat small frequent meals (6 to 8 per day) to ensure adequate nutrient intake and to prevent feeling too full.
- Sit upright while eating and remain upright for 20 minutes after eating.
- Avoid tight fitting clothing.
- To help minimize burping, avoid drinking fizzy drinks, chewing gum or drinking through a straw.
- Once eating solids, chew food well and eat slowly.
- Keep foods moist by adding sauces or gravy.

compassionate care

Stage 1 - Liquid diet

This diet will begin while you are in hospital and may last for up to 3 days after surgery.

Examples of liquids you can consume at this time include:

- milk
- jelly
- hot chocolate
- soup
- ice-cream
- malted drinks e.g. ovaltine, horlicks
- More nourishing drinks such as build-up shakes or soups.

Stage 2 - Pureed diet (3-4 weeks)

The next stage introduces food in a smooth pureed texture, to allow easier swallowing.
It is recommended that you follow this stage for 3 to 4 weeks.

A food processor or blender will be needed to puree foods to the correct consistency and a basic one can be purchased quite cheaply. You may need to add liquid in order to puree some foods, however try to avoid adding water as this dilutes the amount of nutrients. Instead, try stock, gravy, cream, sauce or soup. Please refer to the table on page 3 for food and drink suggestions.

Stage 3 - Soft diet (2-3 weeks)

If you feel no pain or discomfort on the pureed diet at the end of Stage 2, proceed to a soft diet, avoiding any large solid lumps. It is recommended that you follow this stage for 2 to 3 weeks.

If you try to eat foods which have to be swallowed in one lump (like chicken or steak) there is a risk they will get stuck, which can be very uncomfortable. Also remember to take small mouthfuls, chew food well and eat slowly. Avoid sharp abrasive foods such as crisps, chips and nuts as these may cause pain when swallowing. Foods which form a bolus in the mouth are not advised, such as bread as this is a food commonly reported to get stuck. Please refer to the table on page 3 for food and drink suggestions.

Foods not advised for a soft diet are

- Tough cereals
  - Muesli
  - All Bran
  - Shredded Wheat
  - Sultana Bran
- Yoghurt or ice cream with lumps e.g nuts, lumps of chocolate, honeycomb
- Tough roasted meat
- Meat/fish coated in batter, breadcrumbs or pastry
- Fried egg
- Lumps of cheese
- Toast
- Crackers
- Croutons
- Raw fruit with seeds, pips or pith
- Dried fruit
- Potato skins
- Chips/crisps
- Roast potatoes
- Nuts
- Hard biscuits
- Pastry
- Crumble

Stage 2 and 3

Food Group	Pureed Diet (3-4 weeks)	Soft Diet (2-3 weeks)
Bread, other cereals and potatoes	• Porridge mixed to a smooth consistency • Breakfast cereals softened with milk to a smooth consistency • Pasta pureed with sauce • Mashed potatoes • Pasta, rice, potato added to soup and pureed	• Porridge • Breakfast cereals softened with milk • Pasta/rice/cous cous with sauce • Mashed potatoes • Jacket potatoes without skin • Bread softened by soaking in soup
Fruit and Vegetables	• Fruit Juice • Pureed tinned stewed or soft fresh fruits e.g peaches, berries, bananas • Pureed vegetables with your favourite sauces	• Fruit juice • Tinned, stewed or soft fresh fruits • Mashed or soft cooked vegetables
Meat, fish and alternatives	• Pureed meat, fish, poultry, pulses with gravy/sauces • Pureed scrambled egg (make with milk and try mixing in cheese or pureed tomatoes)	• Flaked fish • Minced beef, chicken, turkey and gravy • Omelette, scrambled, poached or boiled egg • Baked beans • Well cooked lentils
Milk and Dairy	• Milk • Smooth yoghurt (without chunks of fruit, muesli or nuts) • Cheese spread/soft cheese • Milk based desserts, custard, pureed rice pudding/semolina, ice cream	• Milk • Yoghurt • Cheese • Milk Puddings

Stage 4 - Normal diet

At the end of Stage 3 you can slowly introduce a normal healthy diet as tolerated.

If you are underweight you can fortify your food by adding extra cream, vegetable oil/spread, or cheese to your food. You can also fortify milk by the addition of 4 tablespoons of milk powder to a pint of milk, this increases the calories and protein provided.

For any questions please contact your local dietitians department

Huddersfield Royal Infirmary
Telephone No: 01484 342749

Calderdale Royal Hospital
Telephone No: 01422 224267

If you have any comments about this leaflet or the service you have received you can contact :

Service Manager

Nutrition and Dietetics
Huddersfield Royal Infirmary
Telephone No: (01484) 342749
or
Calderdale Royal Hospital
Telephone No: (01422) 224267

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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