INSTRUCTIONS AFTER FUNDOPLICATION SURGERY

Hiatus Hernia Repair, Heller's Cardiomyotomy and Anti-reflux Surgery

DIETARY RECOMMENDATIONS

Initially, you will be started on fluids only after your operation, but you will progress to a vitamised diet, usually within 24-48 hours of your operation. You will be discharged from hospital on a vitamised diet which should continue for approximately for two weeks.

During the first four weeks following your surgery, you MUST AVOID soft bread, tough/dry meats and fizzy drinks.

As you stomach is now slightly smaller, you may feel full more quickly. Therefore, you should eat more small frequent meals (e.g. 5-6 meals and/or snacks per day) and eat slowly and chew food well. Choose a variety of foods to ensure a good balance of nutrients.

Soft diets can be lower in fibre and can therefore lead to constipation, especially when you are also taking stronger painkillers. To prevent constipation:

- Use wholemeal cereals
- Consume one glass of prune or pear juice each day
- Ensure you have at least 6-8 glasses of fluid each day
- Be physically active each day
- Aperients (such as lactulose, coloxyl, senna) can be used if required. If you are prone to becoming constipated, please advise Mr Atalla prior to your discharge from hospital, so a regime of aperients can be planned.

Soft diet (Weeks 3 & 4)

Food may be naturally soft (e.g. ripe banana) or may be cooked to make it softer so that it can be easily broken up with a fork (e.g. casserole). Food should be moist or served with gravy or sauce. Chew food well to prevent swallowing large lumps.

Food choices for a soft diet

Bread, Cereal and Grains

You need at least 5 serves from this group each day.
1 serve =1/2 cup rice/pasta, 1 cup cereal

Suitable choices

Breakfast cereals well moistened with milk (e.g. porridge, Weet-Bix™, Allbran™, Ricebubbles™, soft pasta, noodles, rice, sago and barley)

Unsuitable choices

Bread (Fresh or toasted), crumpets, muffins, bread rolls, cereal with dried fruit, nuts or seeds (e.g. Muesli, sultana bran™) all biscuits cakes or other doughy desserts (crepes, pancakes etc)

Food choices for a soft diet

Fruits and vegetables

You need two serves of fruits and five servings of vegetable each day

One serve = one medium piece of fruit, one cup fruit/veg, one glass juice

Suitable choices

- Soft ripe fruit without skin, pips or seeds (e.g. mango, banana, peach, pear, melon)
- Canned or stewed fruit soft cooked or canned vegetables (e.g. Potato, pumpkin, carrot, broccoli, zucchini, creamed corn)
- Soup (e.g. pumpkin, minestrone)
- Fruit juice selected salad items: grated carrot, canned beetroot, tomato (peeled and chopped)
- Cooked legumes (e.g. kidney beans or baked beans)

Unsuitable choices

- Unripened or hard fruit (e.g. apples, pineapples, oranges, grapes)
- Dried fruit undercooked or stringy vegetables (e.g. celery, rhubarb)
- All raw vegetables, including chopped or shredded

Meat, chicken, fish and alternatives

You need three to four servings of dairy products each day

One serve = One cup milk/yoghurt, 30g

Suitable choices

- Milk, milkshakes, smoothies
- Moist soft cheese (e.g. custard, fruche™)

Unsuitable choices

- Dry, hard or crumbly cheeses
- Yoghurt with seeds, nuts or muesli or hard pieces of fruit
- Ice cream with nuts

Dairy products

You need one to two serves from this group each day

One serve equals 100 grams of meats and chicken fish two eggs 1 cup cooked legumes

Suitable choices

- Tender cooked meat, chicken or fish served with gravy or sauce. Finely chopped prawns, scallops
- Tinned tuna, salmon, sliced/shaved deli meats
- Eggs (all kinds)
- Soft cooked legumes and lentils (e.g. baked beans, three bean mix)
- Offal (e.g. liver, brains), pate
- Soft tofu

Unsuitable choices

- Tough, dry, chewy or crispy meats
- Meat with gristle
- Mussels, calamari, squid Nuts and seeds
- Pizza

Sample meal plan for soft diet

Breakfast

- **Breakfast cereal with milk** (e.g. Rice Bubbles™, Weet-Bix™, porridge, cornflakes soaked in milk until soft)
- **Scrambled eggs** (no bread or toast)
- Baked beans

Snacks

- Yoghurt
- Fruche™
- Custard
- Pack of diced fruit

Light meals

- Canned spaghetti baked beans
- 2 minute noodles soup

Main meals

- Fish mornay
- Pasta dishes (e.g. spaghetti, bolognese, futtuccine, carbonara)
- Lasagne or ravioli
- Stews and casseroles (e.g. soft meat or beans with rice pasta or mashed potato and sauce liquid minced dishes - e.g. shepherd's pie moussaka if soft does not need to be cut up)
- Soft or smashed vegetables
- E.g. carrot, pumpkin, zucchini, squash, mushrooms, eggplant, potato, lentil, vegetable tender meat curries, scrambled soft-boiled perched eggs, omelette

Desserts

- Creamed rice
- Cheesecake or lemon tarts (removing base), tiramisu
- Mousse, jelly or ice cream
- Sample meal plan for vitamised diet

Sample meal plan for vitamised diet

Breakfast

- One bowl suitable cereal (e.g. instant porridge or Weet-Bix™)
- 1/2 cup pureed fruit
- 1/2 cup pureed baked beans

Morning Tea

200 grams tub vanilla yoghurt

Lunch

- One bowl pureed soup
- 3/4 cup pureed meat, poultry or seafood with sauce gravy
- 1 cup pureed potato and vegetables
- One fruche
- Afternoon tea
- Half a cup pureed stewed fruit and cream

Dinner

- One bowl pureed soup
- 3/4 cup pureed meet poultry seafood with sauce gravy
- 1 cup pureed potato and vegetables

Suppers

One glass of banana smoothie

COMMERCIALLY AVAILABLE FOODS FOR VITAMINS TO DIET

	Product
DIPS AND SPREADS	Chris or craft Dips Katie Cottage ricotta or cream cheese, Kraft cheese spread. These should not be eaten with crackers
SAUCES	Chicken Tonight, Shorewood sources, Dolmio Paul Newmans (strain sources to remove chunks before at adding to meals) Bechamel, hollandaise, tomato
SOUPS	RosellaMor, Heinz soup, Continental Cup ASoup (only suitable for people allowed duel consistency, unless fluid is drained)
SAVOURY MEALS	Heinz baked beans or canned meals (eg: chicken steak and vegetables), Senator tarium savoury lentil's, Frozen lasagna Kraft macaroni and cheese if vitamins
DESSERTS	Smooth package desserts (eg: my lermoos yarger divine, crème caramel) yoghurt cheese vanilla or strange lumps, Fruche, pre-made custard, Ice cream
CEREALS	Weet-Bix (leave milk to soak), Uncle Toby's Instant porridge, Semolina, Heinz Rice cereal (in baby food section of supermarket)
FRUIT	SPC Fruit snacks - smooth Vitamised soft fruit without pips or skin e.g. mango, banana, peach, pear. Fruit Juice*

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