Diet After Fundoplication

What is a fundoplication?
Fundoplication is a type of surgery to treat gastroesophageal reflux disease (GERD). People with GERD have chronic, severe heartburn. GERD happens when the muscle at the end of the esophagus is too loose. Food and other stomach contents come up into the esophagus which can be very painful. This surgery tightens this muscle so food and stomach contents then stay in the stomach. The pain and heartburn will go away.

You will be on a full liquid diet for 2-3 weeks to help you heal. The full liquid diet includes any clear liquids, fruit and vegetable juices, cooked cereals, milk, yogurt, strained soups and frozen desserts.

Purees allow you to eat thin, pourable foods. These foods have an applesauce-like consistency. You may thin foods with water, broth, milk or fruit juice. You will need a blender or food processor to puree your food. Please follow this diet until you see your surgeon at your post-surgery visit.

Diet Guidelines
- Eat and drink slowly.
- Aim for small, frequent meals. This will help you meet your calorie and protein goals.
- All foods must be thinned enough to pour off a spoon.
- Protein smoothies and oral nutritional supplements are best.
- Avoid carbonated drinks.
- No straws. Straws cause you to swallow air leading to pain.
- Do not chew gum and tobacco.
- Very hot or cold foods may cause esophageal spasms.
- Try to eat smaller amounts of citrus, tomato, caffeine, and chocolate if they are causing heartburn.
- If you are sensitive to dairy products, try lactose reduced milk (Lactaid®). Other dairy free milk options are almond, cashew, soy or rice milk.
- Medicines can be taking whole, they do not need to be crushed. Talk to your doctor if start taking a new medicine.
- You need more protein to help you heal. Include a good source of protein with meals and snacks. You should eat 60-80 grams per day.
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Allowed</th>
<th>Avoid</th>
</tr>
</thead>
</table>
| Cereals, Bread, Grains, Legumes | • Thinned, cooked cereal (cream of wheat, cream of rice, Malt-o-Meal®, cornmeal, Cocoa Wheats®, or thin quick-cooking oatmeal)  
<pre><code>                          | • Pasta, rice and legumes pureed in soup, thinned                        | • Bread, rolls, tortillas, baked goods, donuts, crackers               |
</code></pre>
<p>|                                |                                                                         | • Dry (cold cereals)                                                   |
|                                |                                                                         | • Popcorn                                                             |
|                                |                                                                         | • Seeds such as chia and flax                                           |
|                                |                                                                         | • Whole rice, potatoes, pasta and legumes                               |</p>
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Allowed</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soups</td>
<td>• Broth, stock, bouillon</td>
<td>• Soups that contain solid pieces</td>
</tr>
<tr>
<td></td>
<td>• Pureed broth based or cream soups that are thinned</td>
<td></td>
</tr>
<tr>
<td>Smoothies, Other Liquids &amp; Ready-to-Drink Nutrition or Protein Drinks</td>
<td>• Smoothies made with allowed ingredients</td>
<td>• Smoothies and shakes</td>
</tr>
<tr>
<td></td>
<td>• Medical nutrition supplements such as: Boost, Carnation</td>
<td>that contain solid pieces</td>
</tr>
<tr>
<td></td>
<td>• Breakfast Essentials, Ensure, Equate, Orgain and Premiere Protein</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Protein powders- we suggest whey protein isolate</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Coffee, tea, lemonade</td>
<td></td>
</tr>
<tr>
<td>Desserts</td>
<td>• Pudding- thinned</td>
<td>• Frozen desserts that contain solid pieces</td>
</tr>
<tr>
<td></td>
<td>• Frozen desserts: ice cream, custard, sherbet, sorbet, ices, popsicles, frozen yogurt</td>
<td>• All other (cakes, cookies, donuts, pies, etc)</td>
</tr>
<tr>
<td></td>
<td>• Gelatin- without solids</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Hard candy</td>
<td></td>
</tr>
<tr>
<td>Condiments</td>
<td>• Salt, pepper, spices, seasonings, butter, margarine, mayo, gravy, most condiments allowed</td>
<td>• Any that contain solids</td>
</tr>
</tbody>
</table>

**Sample One Day Menu**

<table>
<thead>
<tr>
<th>Meal/Snack</th>
<th>Food Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Cooked, thin hot cereal, milk, pureed fruit; and a protein smoothie or ready-to- drink nutrition drink</td>
</tr>
<tr>
<td>Snack</td>
<td>Yogurt or pureed cottage cheese; pureed fruit</td>
</tr>
<tr>
<td>Lunch</td>
<td>Pureed soup; milk or protein or nutrition drink; gelatin, pudding or sorbet/sherbet</td>
</tr>
<tr>
<td>Snack</td>
<td>Shake or smoothie made with protein powder or ready-to-drink nutrition drink</td>
</tr>
<tr>
<td>Dinner</td>
<td>Pureed soup, pureed fruit, ice cream; milk, protein smoothie or ready to drink nutrition drink</td>
</tr>
<tr>
<td>Snack</td>
<td>Milk, Greek yogurt, protein shake or smoothie or ready-to-drink nutrition drink</td>
</tr>
<tr>
<td>Hydration</td>
<td>Between meals and snacks, take small drinks of water.</td>
</tr>
</tbody>
</table>
Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children’s Hospital (AFCH) can be reached at: (608) 890-5500.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: (608) 287-2770.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#397.