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Diet after Nissen Fundoplication Surgery

- Your diet will progress slowly in stages, 2 weeks of pureed foods then advance to a regular diet slowly as tolerated
- Sit upright when eating or drinking. Remain in an upright position for 30 minutes after eating. Do not recline.
- Walking will improve digestion of food and help alleviate gas.

For the first two weeks Pureed Foods

- Hot cereals, cream of wheat, cooked oatmeal, pureed pasta, pureed or mashed vegetables, baby food, moist mashed potatoes, pureed fruit, smooth applesauce, cottage cheese, sherbet, pureed soups, well cooked pasta, scrambled eggs, and smooth peanut butter. Foods can be pureed in a blender.

Advance to a regular diet slowly as tolerated

- You should eat small, frequent meals (6 per day), or every 2 to 3 hours. Eat foods that are easy to swallow. Avoid gummy foods such as bread, bananas, sticky rice or undercooked pasta.
- Eat only until you feel full. This may occur after only a small meal is consumed.
- Drink plenty of fluids in-between meals. But limit fluids to 1/2 cup with meals to avoid stretching your stomach.
- Eat slowly and chew your food well. Avoid gulping. This prevents gas build-up and aids with swallowing.

Foods to AVOID temporarily: Tough meats like steak or pork, raw fruits/vegetable, chewy or crispy breads, nuts, seeds, fried and greasy foods, spicy foods and high fiber foods like grain breads and cereal. Avoid foods that may cause stomach gas and distention. Examples are corn, dried beans, peas, lentils, onions, broccoli, cauliflower, cabbage.

Please call our office if you have questions.

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