

POST FUNDO DIET

After fundoplication, any swelling or bruising around your hiatus hernia repair and the fundal wrap can cause food to stick here when you swallow. It is best to follow a special diet for the first six weeks after surgery to ease you through this time. It's also important to stay well hydrated so drink plenty of water, hot drinks etc. between 'meals'. Take your time eating and drinking, don't rush, chew well and avoid solid lumps. I advise that you sit upright for meals and slowly drink fluids during your meals to keep the food moist.

Week 1

Progress through a liquid diet to purees and sloppy foods

Weeks 2-3

Sloppy diet progressing to soft foods

Weeks 3-6

Soft foods progressing to a normal diet

Liquid diet

Immediately after surgery you can have sips of clear fluids such as water progressing to cordial, fruit juice: apple, cranberry, grape and pomegranate. The following day you can drink 'free' fluids i.e. anything liquid. This first week is then basically anything that will pass through a metal sieve. So coffee, soups, smoothies, yoghurts, melted ice cream, puree'd or liquidised foods. You can basically liquidise anything – using a food blender and adding liquid to it.

Puree

This is slightly thicker foods than liquids but still without lumps. Usually by day 4-5 you will be able to swallow custards, mashed puddings, mousse, milky porridge, mashed well cooked vegetables including mashed potatoes, dunked biscuits. Avoid fruit pith – oranges and pineapples are very fibrous. Blended meats.

Soft diet

Moist and uniform consistency. Mash with a fork, cook food well. Wet cereals, fish, minced meats, eggs, pasta, lots of sauces and gravies. Avocado, ripe fruit.

Foods to avoid:

- Bread and pastries tend to form gluey boluses and can stick.
- Uncooked raw vegetables
- Nuts and popcorn
- Stringy or skins on vegetables – green beans, jacket potatoes.
- Pineapple, oranges
- Dry crackers
- Carbonated drinks will make you feel bloated and pass more flatus. As will tomatoes, citrus foods and beans.