

Dietary Advice for Patients Following Laparoscopic Nissen Fundiplication

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What is a Laparoscopic Nissen Fundiplication?

This is a keyhole surgical procedure to repair your hiatus hernia.

All patients vary in their speed of recovery depending on how badly their gullet (oesophagus) has been affected by their heartburn before surgery, in addition to this how their body responds to the surgical procedure.

Most patients should be back to eating and drinking normally within 4 weeks, but on occasion it can take up to 3 months or sometimes longer.

The day of your operation

After your operation you will be free to drink fluids. Cold drinks are preferable to hot drinks for 24-48 hours after the operation as they can help to reduce the inflammation around the operation site.

Following 48 hours hot drinks are recommended thereafter.

Do not take fizzy drinks!

The next few weeks

From the morning after your operation onwards you can start to eat a blended/ pureed, moist diet and this should continue for the initial 2-4 weeks after your operation.

You will need to avoid sharp abrasive foods such as **crisps** and **chips**, **fish**, **steak** and **especially bread** as these may cause pain when swallowing and may also get stuck in your gullet.

You may have difficulty in swallowing which gradually improves with time, this will affect the amount of food you consume and you may have to eat more slowly.

Fluids

Drink plenty of fluids (6-8 glasses/cups per day). To ensure you have a balanced diet try and eat a variety of foods each day and include some fruit and/or vegetables at each meal.

The next stage

Your doctor will advise you how long you will need to continue a blended/ pureed diet for, but this is usually for at least 2-4 weeks.

After 4 weeks most people can start to progress back onto a softer options of a normal diet, i.e. solid foods, and full diet is usually achieved by 4 to 6 weeks.

Try to introduce normal foods gradually, e.g. have some toast with butter/margarine for breakfast instead of porridge.

If you do experience any problems, such as difficulty swallowing or pain, then have soft foods for the rest of the day and try again the next day.

It is a good idea to try different foods to see if you can tolerate them.

If you have problems with vomiting (being sick) then go back to soft foods and try normal (solid) food again when you are feeling better.

This information is only a guide. Your doctor will assess your swallowing and dietary intake at your follow up clinic appointment four to eight weeks after surgery.

For the next **year** it may be difficult or impossible after surgery to release gas (burping).

You are advised to avoid fizzy drinks and any fizzy medication (e.g. soluble aspirin). Only take fizzy drinks, after this time, if you are able to burp.

Helpful hints

- It is quite common to feel full quickly when eating and feel bloated. To avoid this eat small, frequent meals and snacks (see sample menu) instead of three large meals each day.
- Eat slowly and chew your food well before swallowing.
- Eat in an upright position, e.g. sitting at the dinner table, to assist swallowing.
- If foods feels like it is stuck when you are swallowing then try washing it down with a drink.

- Having a small hot drink before meals and larger hot drink after meals can assist swallowing.
- Soft diets tend to be low in fibre and you may experience constipation as a result of this. To avoid this ensure you drink plenty of fluids and try to include fruit and vegetables at each meal.

Suggestions for meals

Breakfast

- Porridge or instant hot cereal such as “Ready Brek” or “Oat so Simple”.
- Cereals served with hot milk, e.g. Weetabix
- Smooth yoghurts without pips or seeds
- Soft fruits, e.g. stewed apple or pear with sugar
- Scrambled or poached eggs

Savoury meals

- Moist minced meats, e.g. beef, lamb, pork or chicken with sauce or gravy. Try having this with mashed potato
- Corned beef hash
- Shepherds or Cottage Pie
- Soup, e.g. tinned, homemade or shop bought fresh
- Mashed potatoes. Homemade or instant. Try adding cheese or have with minced meat and gravy
- Baked potatoes (do not eat the skin) with soft filling like cheese or baked beans
- Tinned spaghetti or baked beans
- Macaroni cheese, ravioli or lasagne

Try to include well cooked soft vegetables with your meals, e.g. carrots or swede (mash if necessary). Try adding a sauces, butter or cheese.

Puddings

- Yoghurts with no seeds or pips
- Stewed fruits, e.g. apples or pears or soft tinned fruit like peaches with cream
- Ice cream & jelly
- Mousse
- Crème Caramel
- Trifle
- Homemade, tinned or packet varieties are all suitable, e.g. custard, semolina or rice pudding.

Sample menu

Breakfast

Porridge made with hot milk
Glass or orange juice
Cup of tea or coffee

Mid-Morning

Yoghurt
Glass of water

Lunch

Cream of tomato soup
Stewed fruit and custard
Glass or fruit cordial or water

Mid-Afternoon

Glass of milk

Evening Meal

Minced beef in gravy
Mashed potatoes made with milk and butter/margarine
Jelly and ice cream
Glass of fruit cordial or water

Supper

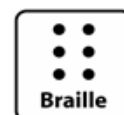
Glass of milk or milkshake
Hot chocolate, Horlicks or Ovaltine

What do I do if I have any questions?

If you have any problems or queries please contact, your Surgeons secretary for advice from your consultant:

Mr Khan's Secretary: 0151-529-2405

Mr Shrotri's Secretary: 0151-529-2739



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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