



# Dietary Advice Following Laparoscopic Nissen Fundoplication

Laparoscopic Nissen fundoplication is an operation used to treat chronic gastro-oesophageal reflux, chronic acid reflux and hiatus hernia.

It is normally recommended that you follow a special dietary regime, following Nissen fundoplication, to allow your body to adjust, ensure the operation is successful and avoid discomfort. Most people are able to return to a normal diet about 4-5 weeks after surgery.

It is important to realise that everyone is different and people progress at different rates. Listen to your body's response to the diet and if you have any discomfort or pain then take a step back and retry at a later date.

The suggested programme below is only a guide and by no means a complete list of all dietary options. One of our specialist dieticians will see you to guide you through it before your discharge.

## WEEK ONE

**Liquid diet** – A blender or liquidiser may be useful to ensure the right consistency. Examples of suitable foods and liquids include:

- Tea, coffee and water
- Juice drinks – apple, orange, tomato juice (without bits)
- Clear or creamy soups (without bits)
- Thin custards, Weetabix soaked in milk, rice pudding, ice cream, jelly, yoghurts, mousse
- Milkshakes, milky coffee

## WEEK TWO

**Pureed diet** – Aim for the consistency of apple sauce. Meats, fruits, and vegetables can all be cooked and mashed, or put in a blender, to create the right consistency. The pureed meat may be moistened with sauces or with gravy, depending on your preference. Sample pureed diet includes:

- Pureed vegetables
- Porridge and Weetabix
- Mashed potatoes
- Jacket potato (avoid eating the skin)
- Pureed chicken and fish
- Soft cheese
- Banana and stewed fruits
- Rice pudding

## WEEK THREE / FOUR

**Soft Diet** – By this stage of your recovery the swelling from the operation should be subsiding and you will be able to tolerate food close to a solid consistency. Do eat small portions frequently to avoid bloating and discomfort. Start with foods that are as moist as possible, with no lumpy bits, to ease swallowing. Sample soft foods include:

- Pasta
- Shepherd's pie and mince meat
- Soft fish
- Tender chicken in plenty of sauce or gravy
- Toast and baked beans
- Scrambled egg or omelette
- Soup
- Mashed potato
- Soft fruit and vegetables
- Baked potato with fillings such as tuna and mayonnaise, baked beans and cream cheese (avoid eating the potato skin)
- Potato salad
- Macaroni cheese

## YOU SHOULD ALSO

- Eat small portions and chew your food well
- Aim for 6-8 small meals a day
- Choose foods that are soft and moist which are easier to swallow
- Avoid fizzy drinks and lager, especially during the first 4-6 weeks after surgery
- Drink 6-8 cups of liquid a day to remain well hydrated during your recovery period. However, do limit yourself to half a cup of fluid with your meals
- Avoid foods that may cause more gas than usual such as broccoli, cabbage, cauliflower, peas and lentils. Excess gas will cause uncomfortable bloating
- Avoid drinking through a straw, smoking tobacco, or chewing gum

If you require any further information,  
please contact our team on:

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