

## Benrus Surgical at Barnes-Jewish St. Peters

### Laparoscopic Nissen Fundoplication Surgery Diet Guidelines

Your doctor wants you to follow these diet guidelines during the 4 weeks after surgery.

AVOID carbonated drinks and DO NOT use a straw for 4 weeks.

Always chew your food very well before swallowing.

#### WEEK ONE

##### Beverages

Coffee, tea, fruit juice, vegetable juice, milk, milkshakes, eggnog, cream, nutrition supplement drinks such as Ensure or Boost, Carnation Instant Breakfast

##### Cereals, Soups/Eggs/Potatoes

Cream of Wheat, Cream of Rice, pureed oatmeal  
Pureed soup (may include pureed meats, pureed vegetables and pureed potatoes)

##### Desserts

Smooth yogurt with no fruit chunks  
Pudding, custard  
Plain ice cream, sherbet, sorbet, popsicles  
Gelatin  
Applesauce, whipped topping  
Pureed fruits

##### Miscellaneous

Salt, Milk flavored seasonings  
Chocolate flavoring  
Gravy  
Margarine  
Sugar, syrup, jelly, honey

**AVOID STRONG FLAVORED SPICES**

## **WEEK TWO**

All foods allowed for Week One

You May Add:

Canned fruit

Cottage cheese

Baked fish

Mashed potatoes

Scrambled eggs

Soft, well-cooked vegetables

(**DO NOT USE:** dried beans or peas, onions or cabbage family vegetables, like broccoli, cauliflower, cabbage or Brussels sprouts)

## **WEEK THREE**

Any foods from Weeks One and Two

You May Add:

Pasta or noodles

Shaved deli meats

Cooked hamburger, crumbled

(like Sloppy Joes, hamburger casserole, spaghetti, etc.)

## **WEEK FOUR**

Any foods from Weeks One, Two and Three

You May Add:

Moist, baked chicken or turkey

Regular bread and any other food as tolerated

Add one new food at a time so that if you have problems, you will know which food to avoid for a week or two. You may not be able to tolerate red meat yet. You may want to wait another week or two before eating much red meat.

**REMEMBER TO ALWAYS CHEW FOOD VERY WELL BEFORE SWALLOWING.**