

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.