

INSTRUCTIONS FOR AFTER FUNDOPLICATION SURGERY

(Hiatal Hernia Repair, Heller's Cardiomyotomy
and Anti-reflux surgery)

DIETARY RECOMMENDATIONS

Initially, you will be started on fluids only after their operation, but you will progress to a vitamised diet usually within 24-48 hours of your operation. You will be discharged from hospital on a vitamised diet. You should remain on a vitamised diet for 2 weeks.

After 2 weeks, you should be able to progress to a very soft, moist diet for an additional 2 weeks, then 4 weeks after your surgery a normal diet can then be restarted.

During the first 4 weeks following your surgery, you MUST AVOID soft bread, tough/dry meats and fizzy drinks.

As your stomach is now slightly smaller, you may feel full more quickly. Therefore, you should eat small frequent meals (e.g. 5-6 meals and/or snacks per day) and eat slowly and chew food well. Choose a variety of foods to ensure a good balance of nutrients.

Soft diets can be lower in fibre and can therefore lead to constipation, especially when you are also taking stronger painkillers.

To prevent constipation:

- Use wholemeal cereals

- Consume one glass of prune or pear juice each day

- Ensure you have at least 6-8 glasses of fluid each day

- Be physically active each day

Aperients (such as lactulose, coloxyl, senna) can be used if required. If you are prone to becoming constipated, please advise Mr Evans prior to your discharge from hospital, so a regime of aperients can be planned.

VITAMISED DIET (Week 1 & 2)

WHAT IS A VITAMISED DIET?

A vitamised diet should consist of smooth pureed food which is lump free. Food may need to be cooked for longer periods prior to vitamising. Food should be the consistency of a set custard or yoghurt, or more liquid if required.

Although you need to eat vitamised foods, it is important that you do not restrict your intake to a small range of foods. No individual food will provide your body with all the nutrients it requires. The following information will aid you in selecting appropriate foods and fluids from each of the food groups every day.

Bread, Cereals and Grains

You need at least 5 serves from this group each day

SUITABLE CHOICES

Quick instant porridge

Semolina, Weetbix, Allbran - soaked in milk or hot water

UNSUITABLE CHOICES

Bread, toast, Rice, Pastries,

Muesli and other cereals with dried fruit or nuts



Fruit and Vegetables

You need 2 serves of fruit and 5 serves of vegetables each day

1 serve = 1 piece of fruit, 1 cup fruit/veg, 1 glass juice

SUITABLE CHOICES

The following foods can be vitamised to a smooth consistency, using a blender

Fruits without skin, pips or seeds (e.g. mango, banana, peach, pear)

Canned or stewed fruit

Vegetables (e.g. potato, pumpkin, carrot, sweet potato, broccoli, zucchini, beans)

Canned vegetables

Soup (e.g. pumpkin, minestrone, lentil, pea and ham)

Fruit juice or vegetable juice without pulp



UNSUITABLE CHOICES

The following foods generally do not reach a suitable consistency when vitamised and should be avoided:

Unripened or hard fruit (e.g. pineapples, oranges, grapes)

Dried fruits (e.g. sultanas, dried apricot)

Raw vegetables (e.g. celery, lettuce, tomatoes)

Undercooked or stringy vegetables (e.g. celery, rhubarb)

Corn

Dairy Products

You need 3-4 serves of dairy products each day

1 serve = 1 cup milk/yoghurt, 30g cheese



SUITABLE CHOICES

Milk, milkshakes, smoothies

Moist, soft cheese (e.g. ricotta, cottage)

Grated cheese that has been melted

Yoghurt

Ice-cream

Soft dairy based desserts (e.g. custard, Fruche™)

UNSUITABLE CHOICES

Hard or crumbly cheeses

Sliced or grated cheese

Yoghurt with seeds, nuts or Fruit

Ice-cream with chocolate chips, nuts or fruit pieces

Meat, Chicken, Fish and Alternatives

You need 1-2 serve from this group each day

1 serve = 100g meat/chicken/fish, 2 eggs, 1 cup cooked legumes



SUITABLE CHOICES

The following foods can be vitamised to a smooth consistency, using a blender:

Tender cooked meat, chicken or fish served with gravy or sauce (e.g. stews, meatloaf, minced meat, tender cooked roasts served with gravy, shepherd's pie, tuna mornay)

Soft cooked legumes and lentils (e.g. baked beans, three bean mix)

Moist, creamy scrambled eggs

UNSUITABLE CHOICES

The following foods generally do not reach a suitable consistency when vitamised and should be avoided:

Tough, stringy or dry meat, chicken or fish, sausages, Frankfurts
Battered or deep fried meat, chicken or fish
Nuts and seeds
Quiche, fried/poached/boiled eggs, omelette

PREPARATION HINTS FOR A VITAMISED DIET

Equipment

Blender OR Food Processor OR Bamix™ Sieve

Preparation

Cook meats and vegetables before pureeing.



Cut up food before pureeing. Extra liquid may be needed during processing to blend any dry foods. Only add enough liquid so that food becomes a smooth puree and is not runny. Suitable liquids to use include: gravy, white sauce, stock, milk, cream, sauces etc.

Puree small amounts at a time to avoid lumps.

Remove hard skins and large seeds from fruits and vegetables before pureeing.

For extra flavour add your favourite sauce or dip while pureeing e.g. sweet and sour, curry, tomato sauce, hommus, tahini, tzatiki dip etc.

To make your meal look more appealing, keep each item separate when serving onto a plate or bowl (e.g. try not to mix meat up with vegetables etc.)

SAMPLE MEAL PLAN FOR A VITAMISED DIET

Breakfast

1 bowl suitable cereal (e.g. Instant porridge or Weetbix)
½ cup pureed fruit
½ cup pureed baked beans

Morning Tea

200g tub vanilla yoghurt

Lunch

1 bowl pureed soup
¾ cup pureed meat/poultry/seafood with sauce/gravy
1 cup pureed potato and vegetables
1 Fruche

Afternoon Tea

½ cup pureed stewed fruit and cream

Dinner

1 bowl pureed soup
¾ cup pureed meat/poultry/seafood with sauce/gravy
1 cup pureed potato and vegetables

Supper

1 glass of banana smoothie

COMMERCIALY AVAILABE FOODS FOR A VITAMISED DIET

	PRODUCT
DIPS AND SPREADS	Chris TM or Kraft Dips TM (e.g. hommus, avocado, caviar) Pate, Cottage, ricotta or cream cheese Kraft TM cheese spread. These should not be eaten with crackers.
SAUCES	Chicken Tonight TM , Sharwood TM sauces, Dolmio TM , Paul Newmans TM (strain sauces to remove chunks before adding to meals) Bechamel, hollandaise, tomato
SOUPS	Rosella TM or Heinz TM soup, Continental TM Cup A Soup (<i>only suitable for people allowed duel consistency, unless fluid is drained</i>)
SAVOURY MEALS	Heinz TM baked beans or canned meals (eg chicken, steak & veg), Sanitarium TM savoury lentils, Frozen lasagne Kraft TM Macaroni and cheese if <u>vitamised</u> .
DESSERTS	Smooth package desserts (e.g. Milo Mousse TM , YoGo TM , Divine TM crème caramel), Yoghurt (choose vanilla or strain lumps) Fruche TM , pre-made custard, Ice-cream.
CEREALS	Weetbix TM (leave milk to soak), Uncle Toby's TM Instant porridge, Semolina, Heinz TM Rice cereal (in baby food section of supermarket)
FRUIT	SPC TM Fruit snacks - smooth Vitamised soft fruit without pips or skin e.g. mango, banana, peach, pear. Fruit Juice*

SOFT DIET (Week 3 & 4)

Food may be naturally soft (e.g. ripe banana) or may be cooked to make it softer so that it can be easily broken up with a fork (e.g. casserole)

Food should be moist or served with gravy or sauce

Chew food well to prevent swallowing large lumps.

FOOD CHOICES FOR A SOFT DIET

Bread, Cereals and Grains

You need at least 5 serves from this group each day

1 serve = ½ cup rice/pasta, 1 cup cereal



SUITABLE CHOICES

Breakfast cereals well moistened with milk (e.g. porridge, Weetbix™, Allbran™, Rice Bubbles™)

Soft pasta, noodles

Rice, sago, barley

UNSUITABLE CHOICES

Bread (fresh or toasted), crumpets, muffins, bread rolls

Cereal with dried fruit, nuts or seeds (e.g. Muesli, Sultana Bran™)

All biscuits

Cakes or other doughy desserts (crepes, pancakes etc)

Fruit and Vegetables

You need 2 serves of fruit and 5 serves of vegetables each day

1 serve = 1 medium piece of fruit, 1 cup fruit/veg, 1 glass juice

SUITABLE CHOICES

Soft ripe fruit without skin, pips or seeds (e.g. mango, banana, peach, pear, melon)

Canned or stewed fruit

Soft-cooked or canned vegetables (e.g. potato, pumpkin, carrot, broccoli, zucchini, creamed corn)

Soup (e.g. pumpkin, minestrone), Fruit Juice

Selected salad items: grated carrot, canned beetroot, tomato (peeled and chopped)

Cooked legumes (e.g. kidney beans or baked beans)



UNSUITABLE CHOICES

Unripened or hard fruit (e.g. apples, pineapples, oranges, grapes)

Dried fruit

Undercooked or stringy vegetables (e.g. celery, rhubarb)

All raw vegetables, including chopped or shredded

Dairy Products

You need 3-4 serves of dairy products each day

1 serve = 1 cup milk/yoghurt, 30g cheese



SUITABLE CHOICES

Milk, milkshakes, smoothies

Moist, soft cheese (e.g. ricotta, cottage)

Grated cheese

Yoghurt & Ice-cream

Soft dairy based desserts (e.g. custard, Fruche™)

UNSUITABLE CHOICES

Dry, hard or crumbly cheeses

Yoghurt with seeds, nuts or muesli or hard pieces of fruit

Ice-cream with nuts

Meat, Chicken, Fish and Alternatives

You need 1-2 serves from this group each day



1 serve = 100g meat/chicken/fish, 2 eggs, 1 cup cooked legumes

SUITABLE CHOICES

Tender cooked meat, chicken or fish served with gravy or sauce

Finely chopped prawns, scallops

Tinned tuna, salmon

Sliced/shaved deli meats

Eggs (all kinds)

Soft cooked legumes and lentils (e.g. baked beans, three bean mix)

Offal (e.g. liver, brains), pate

Soft tofu

UNSUITABLE CHOICES

Tough, dry, chewy or crispy meats

Meat with gristle

Mussels, calamari, squid

Nuts and seeds

Pizza

SAMPLE MEAL PLAN FOR A SOFT DIET

Breakfast

Breakfast cereal with milk: e.g. Rice BubblesTM, WeetbixTM, porridge, cornflakes soaked in milk until soft

Scrambled eggs (no bread or toast) Baked beans

Snacks

Yoghurt

FrucheTM

Custard

Snack Pack of diced fruit

Light meals

Canned spaghetti Baked beans

Two minute noodles Soup

Main meals

Fish mornay

Pasta dishes e.g. spaghetti bolognese, fettuccine carbonara, lasagne, ravioli

Stews and casseroles e.g. soft meat or beans with rice, pasta or mashed potato and sauce/liquid

Minced dishes: e.g. shepherd's pie, moussaka if soft does not need to be cut up

Soft or mashed vegetables: e.g. carrot, pumpkin, zucchini, squash, mushrooms, eggplant, potato

Lentil, vegetable, tender meat curries Scrambled, soft boiled/poached eggs, omelette

Desserts

Creamed rice

Cheese cake or lemon tart, removing base Tiramisu

Mousse, Custard, Jelly or Ice-cream