

PATIENT INFORMATION/DIET SHEET FOLLOWING A FUNDOPLICATION

Dear Patient

Following a **Fundoplication operation** it is important that you adhere to a strict diet as set out below until you are seen in clinic approximately 6 weeks after.

PREOP DIETARY INFORMATION

It is ideal for you to have a liquid diet and by that we mean anything that you can suck through a straw for 1 week prior to the operation date.

WEEKS 1 AND 2

It is ideal for you to have a liquid diet and by that we mean anything that you can suck through a straw:

- **Thin soups, milk, milk shakes, tea, coffee etc.**

Most people have a small degree of weight loss following this type of surgery which is often welcoming! If you do not wish to lose weight then drinking whole milk will enable you to keep your weight on other wise other nutritional drinks such as pre made slimming milk shakes are beneficial as they contain all the nutrients and minerals necessary for normal life.

WEEKS 3 AND 4

In the 3rd and 4th week you can start moving on to a semi solid diet. We would encourage the consumption of:

- **Weetabix with lots of milk, pasta with a puréed sauce, mince meat, fish and vegetables are also recommended.**

During this time it is important to keep the fluids up and to drink regular water, tea, coffee etc.

WEEKS 5 AND 6

In the 5th and 6th week you should be able to start eating properly.

- **It is still important to keep to a semi-soft diet, not to have any big bits of meat (lamb, beef, pork etc) and to chew the food properly.**

At the end of the 6th week the diet should more or less be back to normal. We will aim to see you back in clinic around this time.

FOLLOWING A FUNDOPLICATION OPERATION CONTINUED:

It is not unusual to have some stickiness in the lower part of the oesophagus following the operation which is entirely normal and note that this demonstrates the success in preventing acid from refluxing up the oesophagus.

You should start coming off any antacid medication during this time so that when you come to clinic we can assess the success of the repair that has been performed.

IT IS IMPORTANT NOT TO EAT ANY BREAD ESPECIALLY WHITE FOR THE FIRST 4 WEEKS. THIS HAS A TENDENCY TO SWELL AND CAUSE SIGNIFICANT PROBLEMS.

If there are any problems please do not hesitate to contact either:

MR PARAS JETHWA
Consultant Upper GI & General Surgeon

East Surrey Hospital

Extension number for Secretary: 6424