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## **DIETRY GUIDELINES FOLLOWING A LAPAROSCOPIC NISSEN FUNDOPLICATION**

After your operation you may find you have difficulty in swallowing some foods. It is therefore better to have liquid to very soft foods for the first 3 – 4 weeks. You may find it helpful to eat little and often and include nutritious drinks.

### **IMPORTANT POINTS**

- Eat and drink slowly
- Eat only until you feel full
- Chew your food well
- Sit upright when eating
- Have a liquid or very soft diet
- Limit gas-producing foods such as onions, raw vegetables, spicy foods, beans and chewing gum
- Avoid very hot or cold foods
- Avoid fizzy drinks
- Walking can improve digestion and help alleviate gas

## **DIET**

We do not suggest a particular diet but stress the importance of it being varied and well balanced. We expect that you will lose weight in the immediate post operative period, but this mostly returns to normal when you are eating and drinking normally. In the first two weeks you may find pureed foods are best. You can puree most things whether they are savoury or sweet. It is sometimes helpful to prepare small portions which you can freeze and use as required. This is especially good if you live alone.

## **DRINKS**

A glass of fruit juice or Vitamin C enriched drink is a good option if this would normally suit you. You may take any other soft drinks that take your fancy, but bear in mind that it is better to have them in small quantities. Please avoid fizzy drinks and alcohol for 3 – 4 weeks.

## **SWALLOWING AIR**

We all swallow air every day, for instance when we are chatting and eating. Try to avoid this by:

- Not chewing gum
- Not smoking
- Avoid fizzy drinks
- Not chatting whilst you are eating
- Not using a straw

## **MEDICINES**

If you are taking in regular prescribed medicines it may be difficult to swallow them. Please check with your own doctor to see if it is possible to crush them or open any capsules to make them easier to take. For pain relief we suggest soluble Paracetamol taken as per the manufacturers recommended guidelines. As this can

be slightly effervescent please make it up with tepid water and let it stand for a few minutes. This should allow the solution to 'go flat' and make it easier to take. If you are unable to tolerate Paracetamol please ask Mr Armstrong for alternative suggestions.