

West Michigan Surgical Specialists, PLLC

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DIET INSTRUCTIONS AFTER NISSEN/ESOPHAGEAL SURGERY

- All beverages are encouraged EXCEPT carbonated beverages. Carbonated beverages include pop, beer champagne and sparkling beverages.
- Do not use straws for drinking, chew gum or smoke/chew tobacco, these will cause you to swallow air and increase gas in your stomach causing discomfort.
- Drink 5-6 (8 ounce) glasses of a nutrition supplement each day.
- Sip all liquids slowly to avoid nausea/vomiting.
- Limit liquid with meals to ½ cup.
- Eat 6-8 small meals per day ½ cup portions to prevent discomfort.
- Eat slow, take small bites, chew your food well to make swallowing/digestion easier.
- Stop eating before you are full. Overeating is very uncomfortable and can damage the wrap.
- Do not skip meals. Your stomach feels small and you can't make up for missed calories.
- Avoid gummy or sticky food as it could catch at the wrap.
- Avoid caffeine, alcohol, citrus, tomato, high fat foods or foods that cause gas.
- If needed, take an anti-nausea medication. Dry heaves, retching or vomiting is very hard on the wrap and can cause damage.
- Do not lie down after eating. Sit upright while eating and stay upright for 30 minutes after each meal. Sit upright for 2 hours after your last meal of the day.

Please do not hesitate to call if you have any questions and ask to speak or leave a message for the nurse. You can reach us at (616) 456-5311.

Clear liquid diet – Day 1-2 (start with sips 2-4 oz, then increase as tolerated)

- Juice – Apple, Cranberry or Grape
- Broth – Chicken, Beef or Vegetable
- Jello – Plain or flavored
- Decaf tea and coffee
- Popsicles

Full liquid diet – Day 3-7 (week 1)

- Include beverages on Clear Liquid Diet
- Cream of Wheat, cream of rice
- Strained creamed soups (no tomato or broccoli)
- Ensure, Sustacal, Boost (no chocolate)
- High calorie, high protein drinks (see recipes attached)

Dairy Products may cause diarrhea in some people just after surgery, try in small amounts at first to see how well they are tolerated:

- Milk – Dairy, Soy, Rice or Almond (no chocolate)
- Yogurt – smooth, without fruit or seeds
- Ice Cream (vanilla or strawberry) / Sherbet – without nuts, candy, chocolate, fruit or seeds
- Pudding – smooth (avoid chocolate-unless small amounts tolerated)
- Instant breakfast (avoid chocolate-unless small amounts tolerated)

Soft Diet – Day 8-13 (week 2)

May add soft moist foods in ½ and 2/3 cup amounts. Continue to avoid chocolate, nuts and seeds. Continue Clear and Full liquid diet but may add:

- Pasta
- Rice (white, no wild or brown)
- Cooked Vegetables-well cooked soft or pureed.
- Eggs – finely chopped if hard boiled, otherwise poached or scrambled.
- Oatmeal
- Cereal – softened in milk
- Cottage cheese
- Crackers if softened in mouth (saltine, butter, goldfish, etc.)
- Pancakes or French Toast

Advanced Soft Diet – Day 14-27 (week 3-4)

May add moist lunch meats, cooked meats. Portions should be no more than ½ cup. Limit liquid with meals to ½ cup. Continue to avoid chocolate, nuts and seeds.

Avoid- tough meats, strong flavored cheeses, strong seasoning on foods.

- Chicken, Beef, Pork, Fish, Lamb, Veal (moist, shredded/chopped finely, not fried or baked crispy)
- Whole grain bread
- salads in 2/3 to 1 cup amounts
- soft fruits (mashed or chopped finely)
- soft cheeses