

Dietary Guidelines for Patients following Anti reflux surgery.

Introduction.

Following anti-reflux surgery you are likely to experience some discomfort and difficulty with swallowing. This is normal due to the swelling and inflammation around the oesophagus (gullet) where the surgery has been performed.

This will usually resolve after the first few months following surgery.

Most people are able to drink freely on the first day after their surgery.

It is then recommended that you follow a soft diet for the next 4-8 weeks to allow the inflammation and swelling to go down completely.

A soft diet is anything without lumps that is easy to chew in to a smooth paste before swallowing. You should avoid rough or difficult to chew foods.

The following list is to help give you ideas of soft foods.

Examples:

| | Suitable foods | Foods to avoid |
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| Cereals and bread | Breakfast cereals soaked in milk: Weetabix, porridge, instant oat cereal, rice crispies. Bread in soup, tinned spaghetti, pasta or rice or cous cous with a sauce. | Puffed wheat, Shredded wheat, museli, crusty rolls/bread, toast |
| Meat | Minced meats or poultry with gravy or sauce, small pieces of well cooked stewed/casseroled meat, corned beef, skinless sausages | Tough meats/gristle, meat in pastry (pies) or batter. Sausage in skins. |
| Fish | Baked/poached/steamed fish in sauce, tuna/salmon and mayonnaise | Fish in batter or breadcrumbs |
| Eggs | Scrambled, poached, boiled, mashed with mayonnaise or salad cream, omelette | Scotch egg |
| Dairy products | Milk, milky puddings, custard, mousses, ice cream, cheese, cottage cheese, yoghurt | Yoghurt, cheese or ice cream containing nuts, cereal or dried fruit |
| Fruit and Vegetables | Well cooked or mashed vegetables, baked beans, boiled, mashed | Avoid all skins and pips, stringy or raw vegetables and |

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| | or baked potatoes without skins, soft peeled or stewed fruit, fruit fool, fruit juice. | crispy hard chips or roast potatoes |
| Miscellaneous | Soups, biscuits dipped in drinks, sponge and custard or cream, drinks | Crisps, nuts, hard dry biscuits and cakes, pastries. |

It is common to feel full or bloated following this type of surgery. This is due to the lower part of your oesophagus (gullet) being tightened to prevent reflux, resulting in an inability to burp. If you suffer with these symptoms the following may help.

General Guidelines

- ✦ Eat slowly; take your time over meals
- ✦ Chew each mouthful carefully and thoroughly
- ✦ Avoid fizzy drinks including soft drinks, beer and cider
- ✦ Avoid too much fluid with meals, as this will make you feel very full. You may find it helpful to have sips of fluid with each meal to wash food down if it sticks.
- ✦ Drink in between meals to ensure you take enough fluids
- ✦ Aim for small frequent meals to prevent feeling over full

The information in this booklet is designed to help you manage a varied and adequate diet following anti-reflux surgery. It is meant as a guide only. If you have any special dietary requirements or you are struggling with your appetite or your weight please ask your doctor to refer you to a registered dietitian.