



Hiatal Hernia Repair with/without Gastric Fundoplication

Post-Op Diet Instructions

Clear Liquid Diet — You'll start with this diet after surgery. Some examples are:

- Apple juice
- Cranberry juice
- Grape juice
- Chicken broth
- Beef broth
- Flavored gelatin (Jell-O)
- Decaf tea and coffee
- Popsicles
- Italian ice

Carbonated drinks are not allowed for the first six to eight weeks after surgery. After this time, you can try them again in small amounts.

Full Liquid Diet — Days 2-7 please follow a full liquid diet. This contains anything on the clear liquid diet, plus:

- Milk, soy, rice and almond (no chocolate)
- Cream of wheat, cream of rice, grits
- Strained creamed soups (no tomato or broccoli)
- Vanilla and strawberry-flavored ice cream
- Sherbet
- Blended, custard styled or whipped yogurt (plain or vanilla only)
- Vanilla and butterscotch pudding (no chocolate or coconut)
- Nutritional drinks including Ensure, Boost, Carnation, Instant Breakfast (no chocolate-flavored)

Note: Dairy products, such as milk, ice cream and pudding, may cause diarrhea in some people just after surgery. You may need to avoid milk products. If so, substitute them with lactose-free beverages, such as soy, rice, Lactaid or almond milks.

Mechanical Soft Diet – Days 8-14 please follow a mechanical soft diet. This is made up of foods that require less chewing than in a regular diet. Some examples are:

- All varieties of fish and shellfish
- Turkey breast or chicken breast (ground, white meat)
- Sliced or grated low fat cheese (5 grams of fat or less)
- Hard boiled or poached eggs
- Soups (dilute with skim milk or add finely minced meats)
- Hot cereals
- Unsweetened cereals softened in skim milk
- Baked potatoes, sweet potatoes, or yams
- Boiled pasta, noodles, or white rice
- Canned fruit (in own juices or water packed)
- Soft, fresh fruit without skins (apples, pears, peaches)
- Bananas
- Cooked or canned vegetables

Avoid raw, fibrous vegetables like broccoli and Brussels sprouts. Avoid skins and seeds. Avoid dry foods like popcorn or bread.

Resume a regular diet on day 15

If you have problems at any stage, resume a clear liquid diet for 2 days. Then slowly introduce thicker foods.