

Diet After Nissen Fundoplication

Call 911 or an ambulance if your child:

- Struggles to take each breath
- Grunts with each breath
- Is unable to speak or cry
- Has blue or white lips or nails

Call your child's regular Doctor NOW if your child has any of the following symptoms:

- Looks or acts very sick.
- Is limp or very weak.
- Cries uncontrollably for more than an hour.
- Has severe neck pain or neck stiffness.
- Is confused, has behavior changes or has had a seizure.
- Is less than 3 months old and has a temperature over 100.3°F (38°C).
- Has a temperature over 104° F (40°C) or feels very hot at any age.
- Is an infant and has no wet diapers in 8 hours.
- Has no urine in 12 hours at any age.
- Is crying without tears.
- Is dizzy.
- Seems more sleepy than usual.
- Has a dry mouth or cracked lips.

Fundoplication surgery makes the opening from the esophagus (food tube) to the stomach smaller. In the procedure, part of the upper stomach is wrapped around the esophagus. This will help keep food and stomach acid from coming back up into the esophagus.

- This diet information must be followed closely to keep your child comfortable after surgery. It will help decrease diarrhea, gas, and swallowing problems that sometimes happen after this type of surgery.
- If your child is taking any medications, they need to be in a liquid form for the first 6 weeks after surgery.

What you can do to help:

- Your child should only have very small amounts of liquid for the first 2 weeks. It is best if he/she waits 30 minutes after finishing 1 to 2 ounces before drinking any more.

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- When your child is eating, he or she should take small bites of food, chew it well, and take sips of liquid between some bites of food.
- Your child should sit up while eating and stay sitting up for 30 to 60 minutes after eating. He or she should stop eating 2 to 3 hours before going to sleep.
- Your child should stop eating when he or she starts to feel full.
- Your child should not use straws, slurp food, or chew gum. These can cause gas buildup in the stomach. This will cause your child to be in pain.
- **Carbonated drinks (sodas) are not allowed for the first 4 to 8 weeks after surgery depending on your child's surgeon. After this time, your child can try them in small amounts.**
- It can be hard for your child to follow this plan, especially when he or she is feeling better. Not following these guidelines can cause food to get stuck in the esophagus. This will cause retching, gagging, vomiting and pain.
- After surgery, your child's diet will be changed slowly to a very soft diet. Some children may tolerate this better than others. In most cases, your child will be on a clear liquid diet for a few days after surgery. The diet will then be changed to full liquid diet for a few days. After this, your child's diet will change to the Nissen soft diet as described below. Your child's nurse or doctor will tell you when it is time to make these changes.
- During the first 2 weeks after surgery, your child can only have the following things to eat and drink:
 - Drinks:
 - Milk or juice (punch or powdered drinks are okay)
 - Carnation instant breakfast is a good drink
 - Food:
 - Pudding
 - Yogurt (without chunks of fruit)
 - applesauce (without chunks of fruit)
 - Soups (without chunks or any meat) - you must puree soups if they have noodles or vegetables
 - Mashed potatoes if they are watery or with gravy
 - Well cooked rice with gravy or sauce (no chunks)

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- Ice cream without chunks (let it soften before eating)
- ☐ Your child **CANNOT** have carbonated drinks such as soda.
- ☐ Your child **CANNOT** have frozen drinks - these can cause esophageal spasm.

Very Soft Diet for 4-8 weeks depending on your child's surgeon.

Food Group	Foods Allowed	Foods to Avoid
Beverages	High calorie milkshakes and nutritional supplements (except chocolate) - Carnation® Instant Breakfast®, Scandishakes®, Ensure®, PediaSure®, Boost®, homemade shakes (no chunks or seeds) Decaf tea Non citrus juices - apple, grape, cranberry, or blends of these	Chocolate milk or other chocolate flavored drinks, drinks with caffeine such as coffee or tea, carbonated drinks, citrus juices such as orange, grapefruit, lemon or lime, any drink with chunks or seeds (for example, strawberry or raspberry seeds)
Soups	Mildly seasoned broth, bouillon, strained broth, or smooth cream soups, soft-cooked noodle soups (chicken soup with soft noodles)	Beans, gumbo, rice or chunky soups or chowders
Meats/Protein	Very finely ground meat or poultry (chicken, turkey) in gravy or sauce, lunchmeat that is cut up into small pieces, soft scrambled eggs	Fried chicken or fish, fish with bones, shellfish, chunks of meat or poultry, chili, sausage, smoked meats, hard boiled eggs, dried beans, nuts or seeds, peanut butter
Other entrees	Very soft cooked macaroni and cheese, spaghetti, casseroles with ingredients in the allowed list of foods	All that have "foods to avoid" in them

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Dairy	All liquid milks, egg nog, smooth yogurt and ice cream without nuts, seeds or chunks, cottage cheese, soft cheeses (cream cheese, velveeta, melted cheeses)	Yogurt or ice cream with nuts, seeds or chunks, cold hard cheeses (parmesan, cheddar, swiss) or holiday cheese balls with nuts, seeds or whole herbs
Fruits	Cooked or canned fruits (without seeds), soft, fresh banana or avocado, fruit juice	All raw fruit (except mashed or soft banana and avocado), dried fruits, fruit roll-ups, coconut, cooked fruit with seeds, all citrus fruits and juices
Vegetables	Very soft cooked or canned vegetables (see exceptions), white or sweet potatoes (mashed, creamed- very soft or baked - no skin), vegetable juice	All raw vegetables, all corn, fried vegetables, cucumber, peppers, french fries and hash browns, pickles, olives
Grains	Cooked cereal (oatmeal, cream of rice or wheat), overcooked pasta, well-cooked rice, pancakes	All cold/dry cereal, soft/refined white or whole grain breads or rolls, whole grain hot cereals or added nuts, dried fruits or coconut, popcorn, brown or wild rice, fried rice
Fats	Butter, margarine, mild salad dressing, mayonnaise, gravy, cream, cream substitute, sour cream, vegetable oil	Salad dressing with chunks, fried foods
Desserts	Smooth ice cream, ice milk, frozen yogurt, sherbet, sorbets (without seeds), custards, puddings, soft cake without nuts, coconut or other chunks	Desserts or candy made with dried fruit, fruit roll-ups, nuts, coconut, or chunks, candied fruit, peanut brittle
Seasonings	All except those listed	No whole or seed herbs and spices, highly seasoned foods

For General Health Information and Resources:

Call or visit the [Family Resource Center](#), a health information library on the 3rd floor of the hospital. Call 314.454.2350, email at frc@bjc.org, or check out the FREE [St. Louis Children's Hospital Kid Care App](#).

