

## GERD Surgery Post-Op Diet Guidelines

### TIF, Nissen Fundoplication, or Hiatal Hernia (Reflux) Procedures

#### Helpful rules for success after surgery:

- Take your time eating. Chew very well and take small bites of food.
- For the first two days, take in liquids only & drink at least 1 Liter per day. (Soup, protein shakes, juices, etc.).
- For the first 4 weeks, take in a soft diet with moist foods.
- Avoid tough/sticky foods – pancakes, steak, fresh doughy breads or rolls, and abrasive foods. Well-toasted breads are generally well tolerated.
- Prevent aerophagia (gas bloating) by avoiding the use of straws, slurping foods, chewing gum, sucking on candy or ice cubes, and drinking carbonated beverages. Chew with mouth closed.
- Sit upright when eating. Remain in a sitting position for 45-60 minutes after eating. Avoid eating 3 hours before bedtime.
- Avoid dehydration by drinking plenty of fluids with & between meals (at least 1 Liter per day).
- Stop eating when starting to feel full or bloated.

Food Group	Generally Well-Tolerated	Not Well-Tolerated
<b>Beverages</b>	All (except those on opposite list)	Carbonated drinks, iced drinks
<b>Milk / Milk Products</b>	All	Any containing coconut, nuts, seeds, or dried fruit
<b>Meats and alternatives</b>	Tender or minced, moist meat; fish and poultry with gravy or sauces; moist casseroles; stews; soft-cooked eggs; cottage cheese; cheese sauces; smooth peanut butter; legumes & lentils	Dry, tough or stringy meats (e.g. spareribs); nuts, seeds; crunchy peanut butter; stringy, cooked cheese (e.g., mozzarella)
<b>Breads / Cereals</b>	Hot cereals, well soaked cold cereals; pasta, rice; dry toast (well-chewed); crackers	Fresh or “doughy” bread; any containing coconut, nuts, seeds or dry fruit
<b>Fruits</b>	Canned / Cooked fruits; ripe, fresh fruit with skins (seeds removed); juices, nectars	Coarse, abrasive fresh or dried fruit, coconut
<b>Vegetables</b>	Well-Cooked, canned vegetables; use vegetable in soups, sauces, stews, etc	Coarse, abrasive, raw vegetables (e.g. carrot sticks); stingy or barely cooked vegetables (e.g. asparagus, spinach, “al dente” green beans)
<b>Desserts &amp; Snacks</b>	Puddings; soft or well-chewed cookies	Popcorn, chips, tacos, etc; any containing coconut, nuts, seeds, or dried fruit
<b>Fats &amp; Oils</b>	All	None