

DIET AFTER REPAIR OF HIATUS HERNIA

This leaflet is used in conjunction with the leaflet '.....' that you were given before your operation.

Dietary advice

Following surgery, swallowing may be difficult as a result of swelling around the oesophagus (food pipe). It may take a month or more for swallowing to feel normal again with all foods.

Four stages of diet are advised. In each stage, when swallowing feels normal, you can move on to the next stage.

Most importantly

- have small frequent meals and snacks, rather than large meals
- eat slowly and chew foods well
- have moist foods
- if any food sticks, stop eating, relax and allow time for food to clear.

Try and drink water to wash the food down; if that fails, try some soda water. If food remains stuck, contact the hospital ward or your surgeon.

Avoid the following until swallowing is free and easy (usually four weeks):

- fresh bread
- rice
- cake
- hard biscuits
- grilled and fried meat, especially steak, chicken, unless pureed, minced or finely chopped
- aerated drinks (soft drinks, milkshakes – unless soda water is required to relieve blockage)
- highly spiced foods (avoid for 6 weeks).

Stage 1: for 2-5 days

Fluids and semi-fluid items only - these should be smooth with no lumps

- water, juice, cordial (not soft drinks)
- milk – plain, flavoured (not milkshake)
- tea, coffee (not too hot)
- soups (strained or finely pureed)
- ice-cream, custard, jelly

- yoghurt (plain, vanilla or honey – not with seeds or pieces of fruit)
- potato, pumpkin - (finely mashed)
- gravy, white sauce (no lumps)
- food pureed to a thin consistency (no lumps).

A food processor or blender is useful.

Stage 2: for 1-2 weeks

Mashed and very soft foods only - soft lumps able to be mashed with a fork.

Add in:

- porridge, breakfast cereals such as Weetabix, Cornflakes, rice crispies, well softened with milk or hot water
- fruit – fresh fruit (soft, well ripened) stewed or tinned fruit (soft or pureed)
- vegetables – well cooked, soft, mashed or pureed
- pasta (spaghetti, noodles) well cooked, soft
- pureed meats, pureed chicken – can be with gravy in a thick soup, or served with mashed/pureed vegetables
- fish – fresh (take care to remove all bones) or canned tuna, salmon (mashed, no bones)
- eggs – soft boiled, scrambled, poached.

Stage 3: for 1-2 weeks

Light foods with more texture - chew well

Add in:

- tender meats, mince, stews
- chicken - minced or finely chopped
- salads
- toast
- biscuits
- alcohol in small quantities if desired.

Stage 4: gradual return to normal eating

Gradually add in firmer foods. Try the food in the avoid list in small amounts one by one. Chew these foods well.

After about four weeks, you should be able to eat a full range of foods. However, you are advised to:

- continue with small meals and between-meals snack if need to satisfy your appetite rather than large meals
- continue to chew all foods well.

If you are unable to eat a proper diet after about four weeks, please contact your surgeon's secretary as your surgeon may wish to see you earlier than planned in the Outpatient Department.

Food suggestions

Stage 1

Breakfast ideas

Choose from: glass of milk, smooth yoghurt, custard, jelly, tea/coffee, juice.

Lunch ideas

Choose from strained soup, finely mashed potato and pumpkin, gravy, white sauce, tomato sauce, jelly, custard, ice-cream, cordial, juice.

Dinner ideas

Choose from strained soup, mashed potato, mashed carrot or swede, gravy, white sauce, ice-cream, jelly, tea, coffee, juice.

Stage 2

Breakfast ideas

Choose from porridge or softened cereal with milk and sugar, soft boiled egg.

Lunch ideas

Choose from smooth soup, mashed tuna or salmon with noodles and white sauce, pureed meat with mashed or pureed vegetables, pureed or mashed fruit.

Dinner ideas

Choose from pureed braised meat, poached fish fillets with white sauce, mashed potato, pureed vegetables, pureed or mashed fruit, custard.

Stage 3

Breakfast ideas

Choose from any of the above, plus toast with spreads, baked beans, cheese and tomato.

Lunch Ideas.

Choose from any of the above plus soup, tender braised meat and vegetables, fish mornay, canned spaghetti, creamed corn, lentils and legumes (well cooked), cheese, salad, soft fruit, tinned or fresh.

Dinner ideas

Any of the above, plus pasta with bolognese sauce, meat casserole, cottage pie, steamed fish, well cooked vegetables, soft fruit, fresh or tinned.

Between meals snack ideas:

Stage 1 milk (plain or flavoured), cordial, juice, smooth yoghurt

Stage 2 soft or mashed fruit, custard

Stage 3 ripe fresh fruit, cheese, biscuits.

If you have an urgent enquiry out-of-hours, please contact your GP surgery. For further information, please contact either the ward or your consultant:

Ward 21 01302 366666 ext 3945

Ward 20 01302 366666 ext 3343

Consultant Surgeons

Mr Clive Kelty 01302 366666 ext 6117

Mr George Jacob 01302 366666 ext 6118.

This information may be available in other languages and formats, on request. Please contact the Patient Advice & Liaison Service on (01302) 553140.