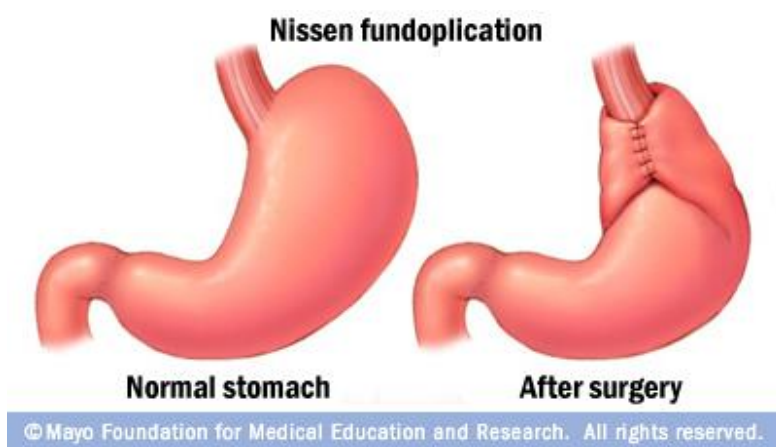


Name.....

Date.....

What is a Fundoplication?

This is an operation to treat gastro-oesophageal reflux and is usually carried out using keyhole surgery. The top (fundus) of the stomach is wrapped around the oesophagus (gullet) and stitched to form a one-way valve to stop acid regurgitation.



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What can I eat?

- For 6 weeks a soft/sloppy diet must be followed
- Soft and moist foods will pass easily into your stomach through the new “valve”.
- Have plenty of sauces, gravy, custard with your meals.
- Eat small and frequent meals.
- Sit upright when eating and do not rush.
- You should eat variety of foods to get all the nutrients you need.

1. Protein foods

These are needed for healing. Good sources include meat, fish, cheese, eggs, milk, and milk products.

- Use minced or very tender pieces of meat in plenty of sauce/gravy e.g. spaghetti Bolognese, cottage pie, stews, casseroles. Chew well.
- Meat substitutes e.g. Quorn can be used in the same way.
- Steam/poach/boiled/tinned fish with plenty of cheese/parsley and white sauces e.g. fisherman’s pie. Avoid batter or breadcrumbs.
- Meat and fish can be blended/pureed with a sauce if needed.
- Scrambled eggs or soft omelette, egg mayonnaise.
- Add grated cheese to sauces and dishes e.g. cauliflower cheese with plenty of cheese sauce.
- Aim for a pint of whole milk each day – use in drinks, puddings etc.
- Yoghurts will also provide valuable protein.



2. Energy foods

Starchy foods, sugary foods and fats provide calories to keep you going.

- Pasta in tomato or white sauce.
- Rice can be used in sweet or savoury dishes e.g. risotto, rice pudding
- Choose mashed or creamed potatoes.
- Jacket potatoes (avoid skins) with a soft filling e.g. cheese, butter, tuna mayonnaise, baked beans.
- Cereals softened with milk can be eaten as meal or a snack.
- Soft sponge cakes with custard, cream, ice-cream.
- Biscuits can be softened by "dunking" in drinks



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3. Fruit and vegetables

These provide you with valuable vitamins. Try to include 3 to 4 servings a day.

- Choose soft, ripe fruits e.g. bananas, apricots, peaches, tinned fruits and serve with cream, custard or ice-cream.
- Drink a glass of fruit juice each day.
- Dice and then mash or puree vegetables with butter, margarine, or cream to make them softer.



What if my appetite is poor?

Having to limit your diet may affect your appetite. If you are losing weight, try the following recipes to make your diet higher in protein and calories:

Fortified Milk

Add 3-4 tbsp dried milk powder (e.g. *Marvel*, *skimmed milk powder*) to a pint of whole milk and use in tea, coffee, milk puddings etc.



Milkshake

- 1 glass fortified milk
- 1 small block ice-cream
- Flavouring e.g. *Crusha*, drinking chocolate
- Whisk together and serve.

Soup

½ pint of soup

1-2 tablespoons dried milk powder

Mix milk powder to a paste with a small amount of water and stir into soup.

Warm together and serve.



Complan and Build up drinks and soups can also be purchased from chemists and supermarkets.

“This document is available in Welsh /Mae’r ddogfen hon ar gael yn Gymraeg”.