

Dietary guidelines for people who have had anti reflux surgery

Clinical Nutrition and Dietetics Patient information

Your dietitian is:

The Royal Bournemouth Hospital: **0300 019 4732**

Reason for the diet

You have had an operation to treat your reflux. This operation involves wrapping the upper end of your stomach around the lower end of your oesophagus.

After the operation there will be some swelling around the entrance to your stomach. This will make the entrance more narrow than usual. Until the swelling goes down, the entrance to your stomach will be very small. It is important, therefore, not to eat foods that might get stuck.

This swelling is temporary and should be gone within 4-6 weeks. You can go back to a normal healthy balanced diet once the swelling has gone down and you have seen your Consultant for a follow up appointment in clinic. After this time you can usually re-introduce solid foods gradually.

Below are some dietary guidelines we advise you to follow:

- eat small portions of food at regular intervals rather than large meals
- it is advisable to only have foods which have been well minced or mashed with plenty of gravy or sauce
- chew all foods well
- cook vegetables until soft
- peel all fruit and choose the softer types
- don't rush your meals
- sip a drink, for example water or squash, with your meals to help the food go down
- avoid coarse, gristly, pithy food e.g. tough meat (unless minced), celery, oranges, rhubarb
- avoid doughy food e.g. fresh bread, cake, scones, pancakes, waffles, and muffins
- avoid dry foods e.g. floury baked potatoes, mashed potatoes, steamed white flaky fish
- avoid fizzy drinks e.g. sparkling water, lemonade, cola, and lager as these can cause bloating and discomfort

If you do want foods like potatoes or fish, which may be dry or difficult to swallow, make sure you always have them with plenty of sauce e.g. gravy or white/cheese sauce.

What can I have instead of bread?

You can have thin bread or toast if dunked in liquid e.g. soup. Otherwise try well cooked noodles, pasta and rice.

What do I do if I feel food getting blocked?

- Try not to panic, stop what you are eating
- Stand up and have a small drink of water or try a warm drink e.g. tea, coffee.
- If the blockage persists then contact the ward you were in at the Royal Bournemouth Hospital.

How can I prevent reflux in the future?

1. Maintain a healthy body weight

Being overweight makes reflux more likely. If you need help to lose weight, please speak to your GP about weight loss services in your area

2. Stop smoking

There are many ways to stop smoking. This can help with preventing reflux and has many other health benefits too.

3. Don't drink more alcohol than is recommended

If you drink alcohol, check the amount you are drinking is within recommended limits. You can use this online calculator to see how many units you are drinking. www.drinkaware.co.uk/

4. Avoid eating large amounts of food for three hours before going to bed

5. Eating little and often can help

6. Propping up your head when you sleep may help prevent reflux

Below are some trustworthy websites which can give you lots of advice and resources to help you eat more healthily, lose weight, stop smoking, and become more active..

NHS Choices, Your Health, Your Choices:

www.nhs.uk/live-well/eat-well

Change for Life:

www.nhs.uk/change4life

Live Well Dorset:




www.livewelldorset.co.uk

To read this leaflet in a different language,
please visit our website: www.uhd.nhs.uk/visit/patient-information-leaflets
and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499**
or email patientexperienceteam@uhd.nhs.uk.

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