

# Diet After Hiatus Hernia Repair

## PATIENT INFORMATION

### **FIRST TWO DAYS**

After surgery your stomach will need to have a fluid diet for two days:

#### **What can I drink?**

In this phase you need to drink smooth liquids that are thin enough to pass through a straw. It is essential that you take small sips slowly, yet frequently, to remain hydrated and minimize pressure in the stomach. **No lumpy fluids, fizzy drinks and alcohol**

Immediately following surgery, start drinking clear, non-fizzy fluids, such as water, tea and fruit juice.

**Prior to discharge from hospital you are required to drink 1 litre of fluid**

#### **What to drink?**

At this stage your nutrient requirements are met by liquids only

#### **You are allowed to drink the following:**

- Vegetable juice
- Water (+/-cordial/lemon)\*\*
- Fruit juice
- Tea and Coffee
- Electrolytes such as Hydralyte, Gastrolyte, High 5 Zero, Nuun or Powerade Zero
- Lo Cal Vitamin Water
- Milk
- A breakfast drink like Up & Go
- A medical nutrition supplement like Sustagen Hospital Formula, Ensure or Resource Fruit Beverage
- A protein supplement like Bodiez Protein Water, Protein Revival or Musashi P30
- Thin soup

### **NEXT TWO WEEKS**

For the next two weeks you must eat a mushy diet.

#### **What can I eat?**

You can enjoy any smooth, soft foods. The texture needs to be similar to “mushy” baby foods – easily “squashable” with a fork. For the first few days, make sure they are blended but after that you should be able to eat foods that aren’t blended as long as they are mushy and you chew them really well so they are puree by the time you swallow them.

The golden rule here is if you wouldn’t feed it to a baby that is just starting to eat food, then you shouldn’t be eating it!

## **Some Meal Ideas**

### **BREAKFAST**

- Cereal made soggy with milk (eg. 1 Weet-Bix)
- Porridge made on milk (make sure there are no lumps)
- A soft-poached (be careful of scrambled)
- A fruit & yoghurt/milk smoothie
- Yoghurt +/- some pureed or stewed fruit or mashed banana
- Smooth ricotta or cottage cheese with a little avocado
- A meal replacement shake such as Optifast

### **LUNCH & DINNER**

Aim to make your meal  $\frac{1}{2}$  protein and  $\frac{1}{2}$  veg

- Pureed meat or chicken casserole/stew or mince made with vegies and gravy or other Liquid
- Thick soups (blend really well and make with meat, chicken or legumes for protein) No lumps.
- Pureed fish, smoked salmon or tinned salmon or tuna in oil (the oil is easier to eat than spring water as it's more slippery)
- Mashed beans or lentils (e.g dahl or chilli con carne) No lumps
- Silken tofu
- Mashed veggies to go with your protein (cook well) – good options are broccoli, cauliflower, sweet potato or pumpkin, add extra liquid.

### **A few tips for pureeing:**

- Use saucy or well-cooked, soft foods. Avoid stringy and dry foods – these don't puree well.
- Use a blender or bar-mix to process the food.
- You can use a potato masher or fork for soft vegies – but make sure there are no lumps!
- Freeze in  $\frac{1}{2}$  cup portions and reheat for convenient, pre-prepared meals.