



Eating after Hiatus Hernia Repair

These guidelines can help you
get better after surgery.

We also give you 2 booklets:

- **Preparing for Your Surgery**
- **Hiatus Hernia Surgery**

Read both booklets carefully.



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Introduction

You had surgery to repair your hiatus hernia. You should have less heartburn because less acid can move backward from your stomach into your esophagus.

As you recover, you progress through different diet textures. What you eat changes depending on how you recover and how well you tolerate food.

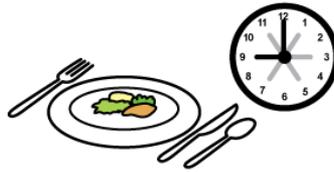
After surgery, you eat a clear fluid diet, including juice, broth, and jello. On your second day after surgery, you can eat a full fluid diet, including milk, creamed soups, and pudding.

Follow a full fluid diet (page 6) until you see your surgeon in about 2 weeks. A dietitian helps you with food and fluid choices while you recover in the hospital.

General Guidelines

To reduce discomfort

- Try new foods one at a time.
If they cause discomfort, try them again another day.
- Try foods that are soft and moist.
Stay away from sticky or gummy foods and foods that are harder to swallow (such as breads, bagels, rice, tough meats, raw fruits and vegetables).
- Eat small, frequent meals (6 to 8 small meals a day).
This helps you get all the nutrients you need and keeps you from making your stomach too full. A small meal is no more than 2 cups of food—less if you feel full.



Small frequent meals

- Eat slowly. Take small bites. Chew your food well.
This helps you swallow and digest your food.
- Drink most of your fluids between meals.



Drink $\frac{1}{2}$ cup (0.5 cup)
of fluid with meals.



Drink 1 cup of fluid
with snacks.

Drinking alcohol and smoking can make heartburn worse.

To keep from getting heartburn (acid reflux)

- Eat small amounts of food and eat more often so you don't make your stomach too full.
- Try not to eat and drink anything that gives you heartburn. If you cannot stay away from these foods and fluids, eat or drink less of them. They can include foods and fluids that are:
 - extremely hot or cold, such as milkshakes
 - acidic, such as chocolate, citrus juices or fruits, or tomato-based products
 - high in fat, such as whole milk and deep fried foods
 - spicy, especially when cooked with black, red, or chili pepper
 - caffeinated, such as coffee, tea, and most soft drinks
 - minty, such as spearmint and peppermint
- Always eat sitting up.
Stay sitting up for 30 minutes after eating.
Do not lie down for at least 1 hour after eating or drinking. If you can, don't eat or drink for 2 hours before bedtime.



When you have too much gas, your stomach can feel full and you can have discomfort or pain.

To keep from getting gas

- Choose foods and drinks that do not give you gas. Stay away from foods and drinks like broccoli, beans, lentils, cabbage, cauliflower, onions, peas, and carbonated drinks.
- Drink straight from the cup or glass. Don't use a straw.
- Don't chew gum.
- Try not to put more gas into your stomach. Don't swallow air.
- Try not to smoke because smoking can give you gas and tobacco products can delay healing.



To keep from getting constipated

- Add fibre to your diet gradually. Examples of foods high in fibre include hot cereals and prune juice.
- Drink at least 6 to 8 cups of every day (unless you have been told differently because of a medical condition).

Full Fluid Diet

Your surgeon tells you when it is safe to start eating solids. Use this table to know what full fluids you can have until then.



Allowed	Not allowed
Milk and Milk Products	
<ul style="list-style-type: none"> ✓ All milk beverages ✓ Blended yogurt ✓ Cottage cheese 	<ul style="list-style-type: none"> ✗ Yogurt with nuts, seeds, or pieces of fruit
Grains and Cereals	
<ul style="list-style-type: none"> ✓ Hot cereal (oatmeal, Cream of Wheat®) 	<ul style="list-style-type: none"> ✗ Cold cereal ✗ Hot cereal with seeds or nuts
Fruits and Vegetables	
<ul style="list-style-type: none"> ✓ Any fruit or vegetable juice ✓ Applesauce ✓ Pureed fruit ✓ Mashed potato 	<ul style="list-style-type: none"> ✗ All other fruit and vegetables
Soups	
<ul style="list-style-type: none"> ✓ Strained or blended soups ✓ Broth 	<ul style="list-style-type: none"> ✗ All other soups

Allowed	Not allowed
Desserts	
<ul style="list-style-type: none"> ✓ Pudding ✓ Custard ✓ Gelatin desserts, like Jell-O ✓ Ice cream, ice milk ✓ Popsicles ✓ Sherbet ✓ Dessert tofu 	<ul style="list-style-type: none"> ✗ All other desserts made with coconut, fruit, nuts, or whole fruit
Drinks	
<ul style="list-style-type: none"> ✓ Sports drinks ✓ Tea, coffee ✓ Smoothies ✓ Nutritional supplements (Ensure®, Boost®, Breakfast Anytime®, or no-name brand nutritional supplement) 	<ul style="list-style-type: none"> ✗ All other drinks, including carbonated beverages

Skim milk powder

To add more protein and calories to your diet, add 1 to 2 tablespoons of skim milk powder to ½ to 1 cup of milk or any other item on the full fluid list.

Fluids

To make sure you are getting enough fluid, try to drink at least 6 to 8 cups of water every day (unless you have been told differently because of a medical condition).



Sample Menu

Breakfast

Fruit juice	Milk
Hot cereal	Tea or coffee

Snack

Yogurt

Lunch

Soup	Pudding
Vegetable juice	Custard

Snack

1 cup of nutritional supplement

Dinner

Soup	Yogurt
Milk	Custard

Snack

Pudding

Soft Diet

When your surgeon says it is safe to start eating solid food, follow a soft food diet.

Allowed	Not allowed
Milk and Milk Products	
<ul style="list-style-type: none"> ✓ Milk ✓ Yogurt ✓ Custard ✓ Ice cream, ice milk ✓ Cottage cheese ✓ Cream cheese ✓ Cheese 	<ul style="list-style-type: none"> ✗ Ice cream or yogurt with pieces of fruit or nuts
Grains and Cereals	
<ul style="list-style-type: none"> ✓ Hot cereal (oatmeal, Cream of Wheat®) ✓ Cold cereal (softened in milk) ✓ Soft cooked noodles, pasta, white rice ✓ Pancakes, waffles (softened with syrup or butter or margarine) ✓ Crackers (saltine-type, round-butter type, graham) 	<ul style="list-style-type: none"> ✗ Coarse cereals, such as bran, granola, shredded wheat ✗ Hot or cold cereal, with dried fruit, coconut, seeds, nuts ✗ Untoasted bread ✗ Bagels ✗ Breads and crackers with nuts, seeds, dried fruit, coconut ✗ Highly seasoned crackers, such as garlic- or onion-flavor ✗ Sweet rolls, coffee cake, pastries, or donuts ✗ Fried, brown, or wild rice ✗ Popcorn, potato or taco chips

Allowed	Not allowed
Vegetables	
<ul style="list-style-type: none"> ✓ Well-cooked, soft vegetables without skins ✓ Mashed or baked potato, or sweet potato (no skin) 	<ul style="list-style-type: none"> ✗ Raw vegetables ✗ Gas-producing vegetables, such as beans, broccoli, Brussel sprouts, cabbage, cauliflower, corn, cucumber, green peppers, onions, radishes, rutabagas, sauerkraut, and turnips
Meat and Meat Substitutes	
<ul style="list-style-type: none"> ✓ Finely ground lean beef ✓ Tender cuts of lamb, pork, veal, chicken, turkey ✓ Moist fish (deboned and baked) ✓ Casseroles and stews ✓ Cottage and ricotta cheeses ✓ Mild cheese, such as cheddar, mozzarella, Swiss ✓ Smooth peanut butter ✓ Plain custard ✓ Eggs (not fried) ✓ Tofu 	<ul style="list-style-type: none"> ✗ Tough meats with a lot of gristle ✗ Fried, highly seasoned, smoked, or fatty meat, fish, or poultry (such as frankfurters, luncheon meats, sausage, bacon, spare ribs, beef brisket) ✗ Chili and other entrees made with pepper or chili powder ✗ Shellfish ✗ Crunchy peanut butter ✗ Yogurt with nuts, seeds, coconut ✗ Pizza, hot dog, hamburger, and other fast foods

Allowed	Not allowed
Fruits	
<ul style="list-style-type: none"> ✓ Fruit juice (non-citrus) ✓ Fresh, peeled fruit (banana, melon, berries, apples) ✓ Canned or cooked fruit (non-citrus) ✓ Jelly 	<ul style="list-style-type: none"> ✗ Citrus juices (orange, grapefruit, or pineapple) ✗ Fresh fruit with skins ✗ Dried fruit
Soups	
<ul style="list-style-type: none"> ✓ Mildly flavored meat stocks ✓ Cream soups made from allowed foods 	<ul style="list-style-type: none"> ✗ Highly seasoned soups ✗ Cream soups made with gas-producing vegetables (see Vegetables section)

Sample Menu

Breakfast

½ cup canned fruit (non-citrus)
 ½ to ¾ cup cereal
 1 small pancake
 1 teaspoon margarine or butter, 1 teaspoon jelly
 ½ cup 2% milk or ½ cup of Greek style yogurt
 1 teaspoon sugar

Snack

3 graham crackers
 1 tablespoon peanut butter, 1 teaspoon jelly
 1 cup decaf tea

Lunch

3 oz. beef patty (finely ground) with gravy or ½ cup
 canned tuna mixed with mayonnaise
 ½ cup mashed potatoes
 ½ cup canned peaches
 ½ cup fruit juice (non-citrus)
 1 teaspoon margarine
 1 packet of salt

Snack

4 to 6 saltine crackers
 1 tablespoon cream cheese
 1 cup milk or high calorie, high protein drink

Dinner

3 oz. roast chicken (finely ground) with ½ cup white rice
 or pasta or noodles, or 1 cup stew
 ¼ cup carrots
 ½ cup canned pears
 1 teaspoon margarine or butter
 ½ cup decaf tea, 1 teaspoon sugar, taken 30 minutes later

Snack

¼ cup cottage cheese
 ½ cup applesauce
 ½ cup milk or ½ cup of high protein high calorie drink

Remember: To keep hydrated, drink extra fluids throughout the day.

When you have questions

Contact **HealthLinkBC Dietitian** to speak with a registered dietitian 9:00 a.m. to 5:00 p.m., Monday to Friday.

Phone: 8-1-1 or 604-215-8110

Email:

- Scan this QR code, or
- Go to healthlinkbc.ca.
- Click *EMAIL*, under *Registered Dietitians*.



Contact **Fraser Health Virtual Care** to speak with a registered nurse 10:00 a.m. to 10:00 p.m., every day.

Phone: 1-800-314-0999

Chat live online:

- Scan this QR code, or
- Visit fraserhealth.ca/virtual_care.



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