

# Diet Guidelines After Fundoplication/Myotomy

This is a guide to help you eat and drink safely as you recover from Gastroesophageal Reflux Disease (GERD) or myotomy surgery. Some people may move into the next phase more slowly or more quickly than these guidelines show. This is OK.

Clear + Full Liquid Diet (1 to 6 days after surgery)		
Examples of what you can eat and drink		Do not eat or drink
<ul style="list-style-type: none"> <li>■ broth and blended soups</li> <li>■ coffee (caffeine may make acid reflux worse)</li> <li>■ cottage cheese</li> <li>■ crushed medicines</li> <li>■ ice cream</li> <li>■ milk shakes, protein shakes, smoothies (cold foods and drinks may cause spasms)</li> </ul>	<ul style="list-style-type: none"> <li>■ jello and pudding</li> <li>■ soft fruit mashed with a fork</li> <li>■ smooth hot cereals such as cream of wheat</li> <li>■ thinned out mashed potatoes</li> <li>■ yogurt</li> </ul>	<ul style="list-style-type: none"> <li>■ bread</li> <li>■ meat</li> <li>■ raw vegetables</li> <li>■ rice</li> <li>■ carbonated drinks</li> <li>■ beverages through a straw</li> </ul>
Full Liquid Diet and Soft Food Diet (1 to 4 weeks after surgery)		
Examples of what you can eat and drink		Do not eat or drink
<ul style="list-style-type: none"> <li>■ some cooked vegetables</li> <li>■ eggs</li> <li>■ fish without breading</li> <li>■ rice</li> <li>■ soft fruit</li> </ul>	<ul style="list-style-type: none"> <li>■ ground meat</li> <li>■ soft casseroles</li> <li>■ soups with chunks (you can add crackers)</li> <li>■ well-cooked pasta</li> </ul>	<ul style="list-style-type: none"> <li>■ bread</li> <li>■ large pieces of dry/solid meat</li> <li>■ raw vegetables</li> <li>■ carbonated beverages</li> <li>■ beverages through a straw</li> </ul>
Normal Diet (4 to 6 weeks after surgery)		
Examples of what you can eat and drink		Do not eat or drink
All foods including: <ul style="list-style-type: none"> <li>■ bread</li> <li>■ carbonated drinks</li> </ul>	<ul style="list-style-type: none"> <li>■ meat</li> <li>■ raw vegetables</li> </ul>	If you have trouble with a certain food or drink, stop and try it again in 1 to 2 weeks.

## Liquid Diet

A liquid diet includes both clear and thick liquids, and smooth foods without chunks you need to chew.

## Soft Food Diet

A soft food diet includes anything that is soft in texture. The type of food is not important. For example, raw broccoli is hard, cooked broccoli is soft.

**Tip:** Before you eat, take several sips of water to wet your throat. Take small bites and chew well before swallowing. Eat small, frequent meals and stop eating before you get full.