

FOOD FOR THE FIRST WEEK AFTER A HIATAL HERNIA REPAIR

TOUPET FUNDOPLICATION/NISSEN FUNDOPLICATION/HELLER MYOTOMY

For the first week, you will need to be on liquids. These need to be at room temperature- foods that are too hot or too cold cause esophageal spasm. Foods that will either pour or that will turn to liquid in your mouth are acceptable. If you have cream soups, you must strain out any small pieces.

Juice

Broth

Jello without fruit

Milkshakes

Carnation Breakfast/Ensure or other protein drinks

Ice cream/sherbet with no fruit

Soups- if they have mushroom pieces or other pieces of vegetables, noodles or meat, they must first be strained.

Pudding

Yogurt with no fruit

Coffee

Tea

Cream of wheat/cream of rice/Malt O'Meal watered down

Apple sauce - runny

If you have any questions, please contact our office at (817)267-2678.

