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## What is a post-fundoplication (post-fundo) diet?

A post-fundo diet is a special eating plan for your child after fundoplication surgery.

- Post means “after.”
- Fundoplication or fundo is the name of a type of surgery. Your child had a fundo to help stop stomach contents from backing up from the stomach into the esophagus (the tube that carries food and liquids from the mouth to the stomach).

## Why does my child need this diet?

This diet can help your child eat comfortably as they heal. It can also help keep food from getting stuck in the esophagus since it may still be swollen from surgery.

## Does my child need to change the way they eat?

Yes. Your child may have trouble swallowing after surgery.

- Your child should eat 5 to 6 small meals each day.
- They will also need liquids and soft, blenderized foods for a while. Talk with your child’s doctor to find out how long.

## What foods can my child eat?

Your child may have these foods for the first few weeks after surgery:

- Fluids, except for soda and other carbonated drinks
- Blenderized foods
- Soft, mashed foods

During this time, you may need to give your child homemade milkshakes or store-bought nutrition drinks like Pediasure, Carnation Instant Breakfast, Ensure or Boost. These drinks can help to make sure your child gets enough calories and protein. See the list of foods allowed on pages 2 to 4.

## How can I make it easier for my child to follow the diet?

To make the diet easier to follow, have your child:

- Eat 5 to 6 small meals each day.
- Eat slowly.
- Chew food well.
- Drink plenty of liquids with meals.
- Drink homemade milkshakes or store-bought nutrition drinks for extra calories and protein.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Post-fundoplication diet, continued

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## Will my child get the nutrition they need?

Your child may lose weight until they can return to a normal diet. This is normal. To increase calories and protein in their meals:

- Add extra margarine, oil, powdered milk or ice cream if your child does not eat enough.
- Make sure they eat different kinds of foods.
- Give them milkshakes or store-bought nutrition drinks.

You may need to give your child a multivitamin if they only eat a few foods and drink homemade milkshakes. Give them either a liquid vitamin or a chewable one that you can crush and mix in food.

## How long does my child need this diet?

Your child will stay on this diet until their first doctor's visit after surgery.

- The doctor will tell you when your child can go back to a regular diet.
- Your child will still need to eat slowly and chew food well when they return to a regular diet.

## What foods can my child eat?

<b>Fruits and vegetables</b>	Your child may have: <ul style="list-style-type: none"><li>• Well-cooked vegetables and canned vegetables <b>without skin</b></li><li>• Blenderized or pureed fruits and vegetables</li><li>• Applesauce</li><li>• Canned peaches and pears</li><li>• Fruit nectar and vegetable juices</li></ul> Your child <b>should not</b> eat fibrous foods, such as: <ul style="list-style-type: none"><li>• Cabbage</li><li>• Broccoli</li><li>• Corn</li><li>• Peas</li></ul>
<b>Grains and other starches</b>	Your child may have: <ul style="list-style-type: none"><li>• Hot and cold cereals, such as farina, grits and oatmeal.<ul style="list-style-type: none"><li>– Use them without dried fruits and nuts.</li><li>– Thin them with milk or cream.</li></ul></li><li>• Mashed potatoes</li><li>• Soft-baked potato or sweet potato <b>without skin</b></li><li>• Rice</li><li>• Soft noodles and other pasta</li></ul>

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# Post-fundoplication diet, continued

<b>Meat and meat substitutes</b>	<p>Your child may have:</p> <ul style="list-style-type: none"> <li>• Ground beef</li> <li>• Flaked-fish</li> <li>• Eggs</li> <li>• Cottage cheese</li> <li>• Pureed meat</li> <li>• Soft tofu</li> <li>• Refried and soft beans</li> <li>• Creamy peanut butter <b>AFTER</b> age 2</li> </ul>
<b>Drinks</b>	<p>Your child may have:</p> <ul style="list-style-type: none"> <li>• Milk, milkshakes and smoothies</li> <li>• Store-bought nutrition drinks, such as:             <ul style="list-style-type: none"> <li>– Pediasure</li> <li>– Carnation Instant Breakfast</li> <li>– Ensure</li> <li>– Boost</li> </ul> </li> <li>• Juice and fruit-flavored drinks, such as lemonade and fruit punch</li> <li>• Tea and water</li> </ul> <p>Your child <b><u>should not</u></b> drink carbonated (fizzy) drinks for at least 8 weeks.</p>
<b>Soups</b>	<p>Your child may have:</p> <ul style="list-style-type: none"> <li>• Cream soups</li> <li>• Soups made with broth, such as noodle or rice soup</li> </ul> <p>Your child <b><u>should not</u></b> eat large pieces of meat, peas or corn.</p>
<b>Desserts</b>	<p>Your child may have:</p> <ul style="list-style-type: none"> <li>• Puddings</li> <li>• Yogurt</li> <li>• Ice cream without dried fruits and nuts</li> <li>• Sherbet</li> <li>• Popsicle and juice bars</li> <li>• Custards</li> </ul>
<b>Fats</b>	<p>Your child may have:</p> <ul style="list-style-type: none"> <li>• Butter or margarine</li> <li>• Cream and cream substitutes</li> </ul>

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# Post-fundoplication diet, continued

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<b>Fats (continued)</b>	Your child may have: <ul style="list-style-type: none"><li>• Cooking fats and oils</li><li>• Gravy</li><li>• Mayonnaise</li><li>• Salad dressings</li><li>• Whipped topping</li></ul>
<b>Other foods</b>	Your child may have: <ul style="list-style-type: none"><li>• Sugar</li><li>• Jelly</li><li>• Bouillon cubes</li><li>• Honey</li><li>• Soy sauce</li><li>• Maple or pancake syrup</li><li>• Salt</li><li>• Ketchup</li><li>• Barbecue sauce</li><li>• Mustard</li></ul>

## What if I have questions?

Call your child's doctor or nutritionist if you have any questions.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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