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Dietary Guidelines

The strength of your new anti-reflux valve is largely determined by how well it heals. What you eat and drink can dramatically impact the durability of your anti-reflux valve. You will be asked to follow a liquid diet followed by a mashed and soft food diet as your anti-reflux valve heals.

If you experience heartburn after eating a particular food, write down the food that gave you heartburn and try to avoid eating it. Talk to Dr. Simoni at your next visit about your food-associated symptoms. Remember, occasional heartburn episodes are commonly experienced by people who do not suffer from GERD, and this may in fact mean that your valve is functioning correctly. If your symptoms persist, contact Dr. Simoni immediately.

During the 6 week post procedure period, it is important that you adhere to the following guidelines:

Liquids only for the first 5 to 7 days.

Eat 4-5 small meals consisting of soft foods throughout the day after day 7.

Take small bites and chew your food thoroughly, avoiding foods with course texture, nuts, raw fruits, and raw vegetables.

Remain in an upright position for 1 hour after eating and do not eat for at least 2 hours before bedtime.

Do not drink carbonated beverages and avoid gas forming, acid producing foods, or foods that slow gastric emptying such as tomato based products, peppermint, black pepper, caffeine drinks, alcohol, onions, green peppers, fatty foods, beans, spicy foods, citrus fruits, and fiber supplements.

Avoid spicy foods, as well as foods and drinks that are very hot or very cold.

Take anti-gas medication-do not belch, and avoid foods or drinks that in the past caused reflux.

Try not to vomit, cough, retch or strain- this can significantly affect the healing and ultimately the effectiveness of the anti-reflux valve created during your procedure.

Do not smoke.

EsophyX TIF Food Guide

Post-Procedure Week 1:

Liquid diet for 7 days after the surgery. Ensure, Carnation Instant Breakfast, broth or any other liquid is fine. Yogurt, pudding or ice cream is acceptable in 4-5 days post –op as long as they “melt in your mouth”.

Week 2:

Yogurt
Cottage Cheese
Broth of any Kind
Strained soups (Not tomato based)
Nutritional supplements & vitamins
Well-cooked & pureed vegetables
Pudding
Gelatin

Week 3 - 4 you can add:

Bananas
Melons
Berries
Tofu
Soft eggs
Cereals
Moist & boneless fish
Meatless casseroles
Cooked vegetables
Mashed potatoes
Pasta and noodles
Skinless canned fruits
Soft & moist white rice

Week 5-6 you can add:

Fresh vegetables and fruit
Meats
Bread
Citrus
Alcohol
Coffee

Return to Work

Most patients will be able to return to work 3-7 days after the procedure. You and Dr. Simoni should determine a time for returning to work based on a number of factors including residual fatigue from general anesthesia, any complication during the procedure, your overall medical condition, and your psychological recovery time. If you work in a job that requires significant physical activity, you should not resume your normal job functions until after Dr. Simoni has cleared you to do so.