

Post-Esophagectomy Diet

Esophagectomy is a surgery to remove all or part of the esophagus. The esophagus is the narrow tube that runs from your mouth to your stomach. When the esophagus is removed, the stomach is pulled up to keep the food passageway intact. This means that there is no longer a stomach pouch to hold and digest food. After surgery, you may have problems such as getting full too fast, heartburn and reflux, stomach discomfort, bloating, nausea, diarrhea or dumping syndrome. Some people also experience discomfort or “sticking” when swallowing foods. Nutrition plays an important role in managing these symptoms.

General guidelines

- Most people will start on a liquid diet and slowly transition to a soft diet within a few weeks. Your doctor and dietitian will determine the correct diet consistency for you.
- Depending on your surgery and recovery, you may also receive nutrition from a feeding tube. Your doctor and dietitian will help you determine the right amount of food, if any, to consume if you are also receiving nutrition from a feeding tube.
- Try new foods and beverages one at a time to test for tolerance. Some people experience an intolerance to lactose after surgery.
- Aim for 4-6 smaller meals and snacks a day.
- Keep your portion sizes small. Most people cannot tolerate more than few ounces of food at a time. Stop eating when you start to feel full.
- Drink most beverages in between meals instead of with meals. Take small sips of water or another beverage if food feels like it is sticking.
- Foods should be tender and moist. Avoid tough meats, coarse foods and doughy breads and rolls that may be difficult to swallow.
- Take small bites and chew your foods thoroughly.
- Avoid straws, chewing gum and carbonated beverages to minimize bloating.
- Acidic food, high-fat foods and foods at extreme temperatures (frozen or very hot) may be hard to tolerate.
- It may be hard to meet your protein and calorie needs after surgery. Your doctor or dietitian may recommend nutrition beverages such as Boost, Ensure, Carnation Instant Breakfast or other protein beverages to help you maintain your weight.
- You may need to try sugar free or no-sugar added nutrition beverages for the first 6-8 weeks after surgery if you are experiencing diarrhea or dumping syndrome.

Dietitian: _____

Phone: _____

Facility: _____

Managing Common Problems

Filling up Too Quickly

- Eat small amounts and limit each meal to two to three foods
- Plan to eat six times a day or every three-four hours. Do not wait until you feel hungry to eat.
- Eat solid foods first.
- Do not drink liquids while waiting and wait at least 30 minutes before and after meals to drink fluids.

Heartburn and Reflux

- Do not drink fluids at the same time that you eat
- Eat smaller amounts of food in one sitting.
- Wait two hours after eating before lying down or going to bed.
- Wear loose-fitting clothes to avoid pressure on your stomach.
- Limit caffeinated beverages
- Try reducing or eliminating high-fat foods, spicy foods, acidic foods and foods flavored with chocolate or mint.
- Avoid alcohol and milk-based drinks

Difficulty Swallowing

- If you feel like food is catching or getting stuck in your throat, try taking small sips of water with each bite.
- Try adding sauces and gravies to moisten foods.
- Avoid coarse, crunchy, dry or hard to swallow foods.
- Avoid doughy bread products or baked goods that may be difficult to chew or swallow.

Vomiting

- Eat slowly and completely chew food before swallowing.
- Wait 45 minutes after eating to drink liquids.
- Eat smaller, more frequent meals.

Stomach Pain

- Completely chew each bite of foods.
- Avoid consuming fluids with meals.
- Limit foods and beverages that are high in sugar.
- Serve foods and beverages at room temperature. Extreme temperatures can cause your stomach to spasm.

Bloating and Gas

- Do not use straws, chew gum, or suck on icy or candy.
- Do not talk while eating.
- Avoid sodas and other carbonated beverages.
- Avoid common gas producing foods such as beans, broccoli, Brussel sprouts, cauliflower, cabbage, corn, garlic, lentils, turnips, onion, scallions, peas, and apples.

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD010 – 01/17

Diarrhea

- Wait at least 30 minutes between eating and drinking
- Lie down after eating (not recommended if you are also experiencing reflux)
- Avoid foods and beverages that are high in sugar
- Eliminate milk and dairy products or use lactase enzyme replacements if you are or suspect that you are lactose intolerant
- Avoid hot beverages and caffeine containing beverages.
- If you have foul smelling stools, try decreasing your fat intake.

Dehydration

- Drink at least 8 cups of fluid a day.
- Drinks that are high in sugar should be used sparingly. These can speed up the time it takes the stool to leave the gut (dumping syndrome).
- Drink caffeine beverages in moderation. Excessive caffeine can cause diarrhea, reflux and dehydration.
- Drink extra fluids if you have diarrhea, are exercising or are in warm weather.

Weight Loss

- Weigh yourself at least weekly for the first 6-8 weeks after surgery
- If you find yourself losing weight, your dietitian can provide tips on a high calorie, high protein diet.
- Try sipping on nutrition drinks such as Boost or Ensure in between meals
- Follow a set schedule for meals and snacks regardless of whether or not you feel hungry.

Dumping Syndrome

Dumping syndrome occurs when undigested foods are “dumped” too quickly from the stomach into the small intestine. Symptoms such as nausea, feelings of fullness and crampy abdominal pain are followed by diarrhea, usually within 15 minutes of a meal. Some individuals may also experience low blood sugar 1 to 2 hours after meals, which may cause weakness, nausea, sweating, hunger, fast heart rate, anxiety and shaking. Most people will need to avoid high sugar foods for at least 6 weeks after surgery.

Tips to avoid dumping syndrome:

- Drink liquids 30-60 minutes before or after meals instead of with meals. Limit fluids to ½-1 cup servings at a time.
- Avoid sugar-sweetened beverages such as juice, soda, Gatorade, lemonade and sweetened ice-tea. Juice can be diluted. Be cautious with beverages sweetened with sugar alcohols, they can also cause diarrhea.
- Eat small, frequent meals. If you experience discomfort after eating, decrease your portion sizes or the number of foods eaten at one time. An evening snack should be eaten 1-2 hours before bedtime.
- Avoid high-fat foods such as fried foods, cream based sauces and soups and foods with a lot of butter. High fat foods can cause stomach discomfort that mimics dumping syndrome.

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD010 – 01/17

Esophagostomy Recovery Diet

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Milk and Milk Products</p> 	<ul style="list-style-type: none"> • Up to 2 cups (16 ounces) of milk per day • Use lactase-treated milk or a dairy alternative (almond or soy milk) • Yogurt • Mild cheese • Cottage cheese 	<ul style="list-style-type: none"> • Large amounts of dairy products if they cause bloating or diarrhea
<p>Grains</p> 	<ul style="list-style-type: none"> • Refined grain products with less than 2g of fiber per serving • White bread, white rice, cream of wheat, pasta 	<ul style="list-style-type: none"> • Whole grain or high-fiber grain foods including bran, whole wheat flour and popcorn • Crispy grain foods with hard edges such as crackers, crusty bread • Fresh baked rolls or breads that are dense and difficult to swallow
<p>Fruits</p> 	<ul style="list-style-type: none"> • Juice without pulp • Applesauce • Peeled fruit without pulp • Canned fruit in light syrup or juice 	<ul style="list-style-type: none"> • Dried fruit • Fruit pulp or skins • Citrus fruit • Berries • Pineapple
<p>Vegetables</p> 	<ul style="list-style-type: none"> • Canned and well-cooked vegetables • Mashed potatoes • Up to ½ cup (4 ounces) of vegetable juice per day 	<ul style="list-style-type: none"> • Gas-producing vegetables including broccoli, onions, cauliflower, Brussel sprouts, raw vegetables and cooked greens or spinach. • Vegetables that have shells or skins or seeds such as corn, peas and bean
<p>Fats</p> 	<ul style="list-style-type: none"> • Small amounts of oil or butter 	<ul style="list-style-type: none"> • High-fat foods including fried foods, foods made with lots of butter, cheese sauces and gravy

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Meat and Meat Substitutes</p> 	<ul style="list-style-type: none"> • Tender, lean ground, and well-cooked beef and poultry • Tofu • Well-cooked eggs • Well-cooked fish • Smooth peanut butter or other smooth nut butters 	<ul style="list-style-type: none"> • Tough meat or meat with gristle • Fried meats or fried eggs • Crunchy nut butters • Nuts and seeds • Beans
<p>Beverages</p> 	<ul style="list-style-type: none"> • Milk as tolerated, • Tea, • Unsweetened or diluted fruit drinks • Water 	<ul style="list-style-type: none"> • Alcohol • Sweetened fruit drinks • Carbonated beverages • Coffee • high-fat beverages such as milkshakes
<p>Desserts</p> 	<ul style="list-style-type: none"> • Sugar-free desserts may be better tolerated to prevent dumping syndrome • Limit portion size of regular, sugar-sweetened desserts for the first 6 weeks after surgery 	<ul style="list-style-type: none"> • All doughy baked desserts, • All sweets and desserts made with sugar, dried fruits or chocolate
<p>Miscellaneous</p> 	<ul style="list-style-type: none"> • Salt • Pepper • Mildly flavored sauces and gravies • Other herbs and spices as tolerated 	<ul style="list-style-type: none"> • Hot peppers, tomato products, products with mint, acidic foods, vinegars. <p>If no adverse or reflux symptoms occur, all of the above items can be consumed.</p>

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD010 – 01/17