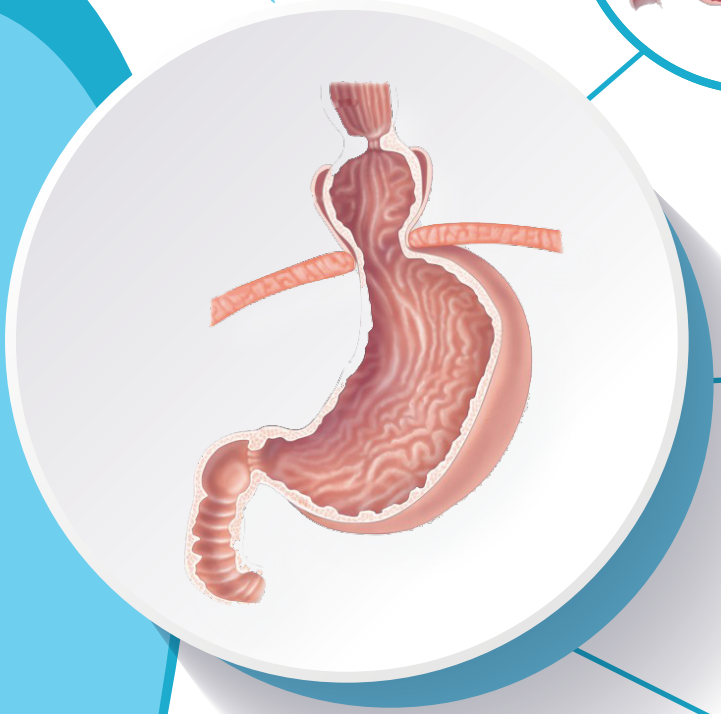
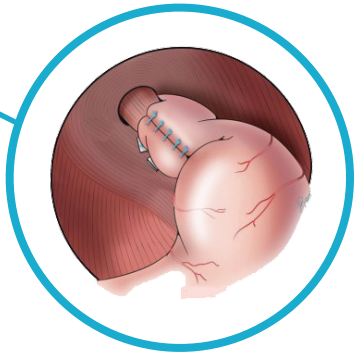
# HIATUS HERNIA *Explained*

NORMAL
STOMACH AND FOOD PIPE

HIATAL HERNIA



HIATAL HERNIA
AND WEAK DIAPHGRAM



KEY HOLE (LAPAROSCOPIC)
REPAIR OF HIATUS HERNIA

**EXPECTED HOSPITAL STAY**

**3-5 DAYS APPROXIMATELY**

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# DIET AFTER
# HIATUS HERNIA REPAIR

Following surgery, swallowing may be difficult as a result of swelling around the oesophagus (food pipe). Immediately following surgery, start drinking clear, non-fizzy fluids, such as water, tea and soups. It may take a month or more for swallowing to feel normal again with all foods. Two stages of diet are advised. In each stage, when swallowing feels normal, you can move on to the next stage.

## STAGE 1: UP TO TWO WEEKS (14 DAYS) AFTER SURGERY

At this stage your nutrient requirements are met by liquids only. Fluids and semi-fluid items only -these should be smooth with no lumps such as the following:

*Diet Options for Stage 1*

- THIN SOUP
- FRUIT JUICE
- SMOOTHIES
- MILK

*Diet Options for Stage 2*

- AVACADO
- SCRAMBLED EGGS
- CHEESE
- BANANA

## STAGE 2–WEEKS 3 AND 4

For the next two weeks you must eat a mushy diet. Examples are scrambled eggs, avacado, banana, cheese. Use the assistance of tea or warm fluids to assist with swallowing. Chicken or fish in small portions can be tried at this stage. You can enjoy any smooth, soft foods after this stage.

Remember to chew your food really well. Avoid breads, steaks and sausages as they can get stuck and cause vomiting, which can compromise your repair.

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