



SPLAT DIET FOR POST NISSEN, TOUPET, & TIF SURGERY

Why follow a “Splat Diet” after a Nissen, Toupet, or TIF surgery?

The “Splat Diet” is designed to help prevent uncomfortable side effects often associated with eating after undergoing a Nissen, Toupet, or TIF surgery. The “Splat Diet” is a temporary “transitional” diet which modifies the texture, temperature, and the types of food you will eat safely and nutritiously which will assist the healing of your body.

How long do I need to follow this diet?

Individual diet progress varies depending on your ability to swallow and the degree of healing. It is recommended that you follow the splat diet for at least 2 weeks; it is important to advance to include chewable foods slowly as your swallowing ability improves and the swelling decreases.

DR. GILLIAN OR DIVYA WILL DISCUSS YOUR DIET ADVANCEMENT AT YOUR FIRST POST OPERATIVE APPOINTMENT.

What can I eat?

Moist cooked, finely minced foods are key terms to apply to food textures and consistencies when planning your meals and snacks. Your food should be cut in small pieces (the size of a small crouton), for adequate chewing and ease of swallowing and digestion.

Be extremely cautious when eating meats (pork, beef, and dry poultry) for about two weeks following surgery. Dry, solid “heavy” foods such as whole meats are not well tolerated and should be temporarily limited/avoided to prevent further irritation to the esophagus.

NOTE: IT IS IMPORTANT TO INCLUDE ALL OTHER DIET MODIFICATIONS TO YOUR “SPLAT DIET” MEAL PLAN, SUCH AS LOW SODIUM. DIABETIC RESTRICTIONS, ETC. AS APPROPRIATE TO YOUR HEALTH STATUS.

Tips for preparing your meals.

- Use well-cooked tender foods. Avoid “tough” meats and “doughy” breads.
- Add appropriate liquids to your food to make it moist. (I.E. broths, gravies, sauces)
- Add seasoning such as ground spices/herbs to make food more acceptable.
- Use a variety of foods to keep meals and snacks interesting.
- Key points to include to your “Splat Diet”
- Avoid “BLOATING” or excessive “GAS” by not drinking with straws, slurping foods, chewing gum, sucking hard candy or ice cubes, and drinking carbonated beverages.
- Sit upright when eating. Remain in the upright position for 40-60 minutes after eating. Avoid eating 2

- hours prior to bedtime.
- STOP EATING WHEN YOU FEEL FULL.
 - Sip liquids when taking solids at meals and snacks.
 - Eat slowly and relaxed.
 - Avoid extremely hot beverages and foods (Warm is better than hot).
 - Spicy food is OKAY.
 - Be careful in “social” circumstances. Don’t get distracted and eat too much and/or too quickly.
 - Taking GAS X in the morning and at lunch will help you feel less bloated or distended as the day progresses.

SUGGESTED FOOD SELECTIONS FOR “SPLAT DIET” FOLLOWING SURGERY FOR A FEW WEEKS

| FOOD GROUP | GENERAL WELL TOLERATED | AVOID DO NOT EAT |
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| Beverages | ALL OKAY, EXCEPT THOSE LISTED TO AVOID | Carbonated Drinks Extremely hot beverages |
| Milk/Milk Products | All OKAY, EXCEPT THOSE LISTED TO AVOID. | Any containing coconuts, nuts, seeds, or dried fruit. |
| Meat & Meat alternatives EAT WITH EXTREME CAUTION | Tender, moist, finely minced meat, poultry, & fish. with gravy or sauces. Moist Casseroles, stews, minced meat, soft cooked eggs, cottage cheese. | Tough stringy meats (i.e. spare ribs) Nuts, Seeds Crunch peanut butter Stringy cheese |
| Breads & Cereals | Hot Cereal Well soaked cold cereals Pasta Moist Rice Well chewed dry toast & crackers | Fresh or “doughy” bread Any containing coconut, butts, seeds, or dried fruits |
| Fruits | Canned/Cooked Fruit Ripe, fresh fruit with skin & seeds removed (i.e. peach, pear) Nectar, Juice | Coarse, abrasive fresh fruit Dried fruit Coconut Seeds, Skins |
| Vegetables | Well cooked, canned vegetables Use vegetables in stews, soups, casseroles, sauces | Coarse, abrasive raw vegetables (i.e. carrots, celery) Stringy or steamed/ barely cooked veg. |
| Desserts & Snacks | Puddings, custards, gelatin Soft well chewed cookies, cakes | Popcorn, Chips, anything containing coconut, nuts, seeds, or dried fruit. |
| Fats & Oil | ALL | NONE. |