

DIET GUIDELINES AFTER THORACIC SURGERY TO PREVENT DUMPING SYNDROME

This diet is designed to help you choose safe and healthy foods and drinks after your esophageal or stomach surgery.

Your dietitian will go over the information with you and answer any questions you have. We want you to feel good about eating again. You may find that starting slowly will help you be more confident.

You will move from your tube feedings to eating and drinking. **DO NOT EAT OR DRINK ANYTHING UNTIL YOU GET DIRECTIONS FROM YOUR DOCTOR.**

What is dumping syndrome?

Dumping syndrome happens when the food you eat passes too quickly from your stomach or newly created pouch into the small intestines. See the symptoms listed to the right.

If you eat concentrated sugars, fluid can be pulled from the digestive tissues into your intestines. This is called **early dumping syndrome**. Eating concentrated sugars also can cause **late dumping syndrome**, which can happen 1 to 4 hours after you eat.

When concentrated sugars are absorbed into the bloodstream, the body makes insulin. Too much insulin can cause your blood sugar levels to drop and cause weakness, dizziness, sweating or a fast heartbeat.

Making changes to your diet may help prevent dumping syndrome.

Early Dumping Syndrome Symptoms

These are normal symptoms to have at times. They happen 10 to 20 minutes after you start eating:

- Abdominal pain
- Feeling full early
- Nausea
- Stomach cramps
- Sweating
- Fast heartbeat
- Diarrhea
- Dizziness

Intermediate Dumping Syndrome Symptoms

These symptoms can happen 20 to 30 minutes after you eat:

- Gas
- Abdominal pain
- Cramps
- Diarrhea

Late Dumping Syndrome Symptoms

These symptoms can happen 1 to 4 hours after you eat and cause low blood sugar (hypoglycemia):

- Weakness
- Dizziness
- Sweating
- Fast heartbeat

Tapering your tube feedings

As you recover and move toward eating and drinking, you will start off with sips of clear liquids, then advance to all liquids, and finally to very moist, soft foods. The guidelines below will help you taper your tube feedings and start eating. Use these and the special instructions from your surgeon after you are allowed to start eating and drinking.

Your tube feeding goal is _____ ml per hour.

| PHASE 1 | | | |
|----------------|-------------------|--|--|
| Days | Tube Feeds | Amount & Frequency | Foods Allowed |
| _____ | _____ ml per hour | 1 ounce (1/8 cup), 6-8 times per day; sip over 30-60 minutes | Clear liquids Juices (apple, cranberry, grape) Broth (chicken, beef or vegetable) Gelatin, fruit ice, popsicles Water Decaf tea and coffee |
| PHASE 2 | | | |
| Days | Tube Feeds | Amount & Frequency | Foods Allowed |
| _____ | _____ ml per hour | 4 ounces (1/2 cup), 6 times per day | Clear liquids plus full liquids Milk Fruit nectars Cream of wheat, oatmeal or hot cereal Low-sugar ice cream or milkshakes Custards, puddings Creamy yogurt Strained cream soups Liquid nutritional supplements |

PHASE 3

| Days | Tube Feeds | Amount & Frequency | Foods Allowed |
|--|--|---|--|
| <p>_____</p> <p>_____</p> <p>_____</p> <p>Stop tube feedings on the 16th day. Continue to flush the J tube daily.</p> | <p>_____ ml per hour</p> <p>_____ ml per hour</p> <p>_____ ml per hour</p> | <p>6 small meals per day</p> <p>No more than 4 oz. of liquid (anything liquid at room temperature) with each meal</p> <p>Drink your remaining liquids between meals. (See step #6 on the next page)</p> | <p>All liquids listed in Levels 1 and 2, plus moist foods, such as:</p> <p>Hot cereal</p> <p>Pancakes or waffles (if moistened with sugar-free syrup)</p> <p>Scrambled eggs, soft-cooked eggs, poached eggs</p> <p>Yogurt, smooth or strained of seeds</p> <p>Mild cheeses such as American, brick baby Swiss, or mozzarella</p> <p>Cottage cheese and ricotta</p> <p>Applesauce</p> <p>Ripe banana</p> <p>Ripe, peeled pear</p> <p>Seedless watermelon</p> <p>Canned fruits</p> <p>Mashed potatoes, sweet potatoes</p> <p>Well-cooked vegetables (You may want to avoid gas-forming vegetables such as beans, broccoli, cabbage, etc., if they cause problems)</p> <p>Well-cooked pasta</p> <p>Macaroni and cheese</p> <p>Casseroles, soups</p> <p>Rice (only in casserole dishes)</p> <p>Soups</p> <p>Tender, well-cooked cuts of meat (you can grind, mince or chop meats to make it easier to swallow and digest)</p> <p>Meatloaf with gravy</p> <p>Baked fish</p> <p>Canned fish and chicken</p> |

You will continue to adjust your diet for about 3 months. During this time, you will need to try eating different foods to see how you do with them until you return to your usual way of eating. You should be eating meals that are closer to normal about 6 months after surgery. But, you may never be able to eat the same amounts of food that you did before surgery. You may find it best to eat small, frequent meals. Continue to cut your food into small pieces, chew your foods thoroughly, and eat slowly for the rest of your life.

Special instructions during your 3-month transition to eating and drinking

1. Eat 6 small meals per day. Include protein and fat in each meal to avoid dumping syndrome. Protein and fat are found in meat, poultry, fish, cottage cheese, tofu, eggs, and yogurt.

2. Choose very soft, moist foods that can be easily cut with the side of your fork or spoon. Use gravies or sauces to moisten food.

3. Slowly eat more. The goal is for you to eat a wider variety of foods and larger amounts of food at each meal. Start with a single item and a small amount on the first day of Phase 3. At each meal, gradually eat more of that food and add other foods. Slowly work up to eating 6 small meals per day. After 1-2 weeks, you should be eating a variety of foods at each of the 6 meals. (See sample menu).

4. DO NOT EAT skins; seeds; nuts; tough, dry meats; breads and rolls; peanut butter; fried, greasy, fatty foods; raw vegetables, especially corn and peas; or raw fruits. You can eat ripe fruits like bananas, pears without the skin and seedless watermelon.

5. DO NOT EAT foods that can cause heartburn and stomach reflux, such as **caffeine** (chocolate, coffee, tea; you can have decaffeinated coffee and tea), **citrus fruits** (oranges, grapefruits, lemons, limes, tangerines), pineapple, tomatoes, **carbonated beverages** (diet or regular), **mints** (peppermint, spearmint), and **alcohol**, unless your doctor tells you it is okay.

6. DO NOT drink more than 4 oz. of water or other liquid with your meals. Too much liquid can cause food to move too quickly from your stomach or pouch through your intestines. Drink only enough to prevent dehydration. Ask your doctor or dietitian how much liquid you should have each day. Drink the extra liquids between meals - about 30 minutes before or after your meal. Sip slowly and avoid using a straw.

7. DO NOT eat concentrated sweets and sugars such as cakes, pies, cookies, pastries, candy, jelly, syrup, etc. You can add water to fruit juices, choose canned fruit in natural juice and choose sugar-free foods. You **do not** have to eat sugar-free products when you start tapering off your tube feedings and start drinking clear liquids or when you move to an all-liquid diet unless you have symptoms of dumping syndrome.

8. Sit up when you eat.

9. Eat slowly and chew your food completely. Cut food into small pieces and chew thoroughly to help digestion.

Sample Menu

| Breakfast | | Lunch | | Dinner | |
|---|-------------------|--|-------------------|---|------------------|
| Meal 1 | 8:00 a.m. | Meal 3 | 12:00 p.m. | Meal 5 | 5:00 p.m. |
| 1 poached egg 1/2 cup oatmeal 1/2 banana sugar substitute 1/2 cup 2% milk | | 1/2 cup macaroni & cheese 1/2 cup well-cooked broccoli 1 tsp. margarine 1/2 cup decaf coffee with cream | | 2 oz. meatloaf with gravy 1/2 cup mashed potatoes with gravy 1/2 cup canned pears in natural juice 1/2 cup 2% milk | |
| Meal 2 | 10:30 a.m. | Meal 4 | 2:30 p.m. | Meal 6 | 7:00 p.m. |
| 1/2 cup cottage cheese 1/2 cup canned peaches in natural juice 4 squares graham crackers 1/2 cup decaf tea | | 1/2 cup macaroni & cheese 1/2 cup applesauce 1/2 cup decaf coffee with cream | | 2 oz. meatloaf with gravy 1/2 cup mashed potatoes with gravy 1/2 cup well-cooked carrots 1 tsp. margarine 1/2 cup 2% milk | |

You may need to eat more or less than the amounts listed in the sample menu to maintain your weight. You want to avoid any significant weight changes.

My weight goal is: _____ pounds

I need to eat _____ calories per day while I heal

My liquid goal is _____ oz per day (no more than 4oz at each meal)

Choose a variety of foods to get all the nutrients your body needs to heal.

After 3 Months

You should be able to add more foods back into your diet, such as raw fruits and vegetables, breads, regular meats, citrus fruits, caffeine, etc. Test your tolerance and try only one new food/beverage at a time.

After 6 Months

You should be eating normally. Less than 10% of people who have had your surgery have dumping syndrome symptoms after six months. But, you may always need to eat frequent small meals.

When to Call

Call your doctor or dietitian if you are having trouble eating or if you are losing weight.

