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Nutrition Guidelines following Esophageal Procedures

Following these guidelines after any procedure on your esophagus will make food easier to swallow and pass through the stented area with ease.

General Guidelines

- Food should be prepared so that it is moist, soft and easy to swallow
- Eat slowly, take small bites and chew food thoroughly
- Sit upright while eating and remain in an upright position at least 30-60 minutes after eating
- Eat 5-6 small meals per day if needed
- Drink fluids in between meals if you feel “full” with meals
- If food ever feels “stuck” in your throat take a couple sips of carbonated soda, this will help dislodge food, you may want to repeat this throughout the day especially before and after each meal
- If you are having trouble maintaining your weight, you may need to drink nutritional supplements (see below) or homemade milkshakes as snacks/meal replacements

FOOD GROUP	YES FOODS	AVOID
Milk and Dairy Products	Milk – all kinds Yogurt, custard, ice cream Soft or melted cheese Cottage cheese, cream cheese	Ice cream or yogurt with chunks of fruit or nuts
Meat and Meat Substitutes	Soft eggs Tofu Casseroles Moist fish Strained baby meats (for easy preparation) All other meats must be bite-size or ground – suggest adding a gravy or sauce	Dry poultry Peanut butter All tough red and white meats
Fruits	All juices All canned fruits Fresh fruits peeled – bananas Stewed dried fruits Strained baby fruits	Fresh fruits with skins - plums, peaches, oranges, apricots Dried fruits
Vegetables	Well-cooked, soft or pureed Should be “fork-tender” Strained baby vegetables	Raw vegetables
Bread and Starchy Foods	Cooked cereal Mashed potatoes, sweet potatoes, yams Baked potato without skin Soft, moist rice, noodles, macaroni, spaghetti	Hard bread with thick crust Dry cereals without milk Potato chips Popcorn Crackers

Bread and Starchy Foods (cont.)	Dry cereals softened in milk Pancakes softened with syrup/butter Waffles softened with syrup/butter Crackers or breads added to soups	
Fats	Butter, margarine, mayonnaise Salad dressings Gravy Cream – sour, whipping, coffee	Bacon Nuts Deep fried, crispy food
Desserts	Sherbet, ice cream, Italian ice, frozen yogurts, Gelatin, puddings, mousse, custard All cake type desserts	Cookies Pie crust Any dry desserts Desserts containing nuts or skins
Other	Sauces – cheese, white, barbeque, creamed, tomato Syrup, honey, jam, jelly Ketchup, mustard, relish	

MEAL IDEAS

Breakfast	Lunch	Dinner
Cereal softened with whole milk, canned fruit. Orange juice to drink.	Creamed or vegetable soup, applesauce with cinnamon and sugar. Ice tea to drink.	Ground chicken with gravy, mashed potatoes with butter/cheese, soft green beans. Milk to drink.
Scrambled eggs made with cheese and butter. Coffee to drink (creamer and sugar).	Egg salad/tuna salad on soft, crust-less, buttered bread, melon. Lemonade to drink.	Macaroni and cheese, “bite-sized” hot dog with ketchup/mustard, baked beans. Ice tea to drink.
Oatmeal made with whole milk, yogurt, and banana. Grape juice to drink.	Ground beef/pork with gravy, rice, and creamed corn or cooked/soft carrots. Milk to drink.	Spaghetti with ground meat sauce, soft cooked vegetables with cheese sauce. Water to drink.
Pancakes or French toast with butter, syrup, or fruit sauce. Orange juice to drink.	Pasta or potato salad, soup or stew, canned/soft fruit. Water to drink.	Quiche or omelet made with cheese, spinach, or other cooked vegetables. Lemonade to drink.

Examples of Commercial Nutritional Supplements

- Boost® / Boost® Plus, Ensure® / Ensure® Plus or store brand equivalent
- Nutra-Shakes® (1-800-654-3691)
- Carnation® Instant Breakfast™ or equivalent brand (made with whole milk)

To make a milkshake, try mixing these products with ice, ice cream, sherbet, or sorbet.

"Medicine Nutrition Support Team." School of Medicine at the University of Virginia. University of Virginia, 07 Nov. 2013. Web. 09 Jan. 2014.

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