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- The main function of the esophagus is that the food goes through it from the mouth to the stomach. Esophagectomy means removal of part of the esophagus that's involved with cancer together with an uninjured part of esophagus and also the upper part of the stomach.
- The remainder of stomach is used to create a new gullet tube and join to upper end of original gullet. The stomach, after the operation is situated more inside the chest than the abdomen but will function almost normally during this position. The amount of esophagus that's removed will depend on the size and position of the cancer.

Consequences of the operation

- You cannot eat by mouth for the first 3 to 5 days after surgery.
- It is likely you will not be able to eat the same amount of food as before the surgery.
- Weight loss is likely.
- There is a high risk of dumping syndrome.

Before the operation

Before the surgery, it's important for patients to be in good nutritional health. Some may need extra nutrition through drinks to help the body prepare for surgery and recover afterward.

After the operation

- Right after the surgery, you will not be allowed to eat anything by mouth.
- You will either get nutrition through a feeding tube or Total Parenteral Nutrition (TPN).
- The feeding tube will be removed before you leave the hospital or during your first clinic visit.
- When you start eating, follow these steps:
 1. Start with clear liquids (such as water and broth).
 2. Move to full liquids (such as milk and pudding).
 3. Then, eat pureed foods (foods that are mashed or blended smooth).
 4. Finally, eat soft foods (plain foods that are easy to chew).

- You will gradually progress to eating regular foods, depending on how well you tolerate each stage.
- Eating small, frequent meals is recommended, and you should try to avoid drinking while eating. Drink fluids half an hour before or after meals.
- Avoid fizzy drinks.
- Sit up straight while eating, as this helps with digestion.
- Gradually increase the portion size without feeling overly full.
- Avoid spicy foods until you are comfortable with regular food again.

Post Operation Diet Stages

Each person tolerates food in a different way. Based on how you're doing after surgery, your doctor may change your diet plan gradually.

Clear liquid

This is the first stage after surgery. Liquids should be clear, meaning you can see through them (no pulp or cloudiness).



Recommended Food	Not Recommended Food	Notes
Water non-carbonated, decaffeinated and no added sugar drinks, Strained juices (apple, cranberry, grape,...) Chicken, beef, or vegetable broths Jelly, Mint/green tea Strained clear soups Herbal drinks.	Sweetened drinks/juices Soft drinks Alcohols Unstrained unclear juices Unstrained unclear soups Milk Yogurt pudding Laban	Don't use a straw to drink liquids Liquids should be served at room temperature Stop drinking once you feel full Avoid chewing gum Avoid chocolate

Dietary instruction for Esophagectomy

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• Full liquid

A full liquid diet is made up only of fluids and foods that are normally liquid and foods that turn to liquid when they are at room temperature, including all clear liquid food items.

Also, dietary supplement can be prescribed according to nutritional needs.



Recommended Food	Not Recommended Food
Milk (fresh milk, soy milk, almond milk, rice milk, coconut milk) -Milkshakes -Yogurt -Laban -Custard -Pudding -Vegetable juice without pulp -Thin pureed vegetable soups fruit juices without pulp (apple, cranberry, grape,...) -Vegetables oil Butter (melted) Margarine (melted) that does not contain trans-fat (read the product label)	All types of cheese Yogurt with fruit chunks Labnah Whole, frozen, fresh fruit and vegetables

• Pureed

This diet includes smooth, homogenous, and soft foods that are easy to swallow. Food should be "pudding-like." coarse textures.

Whole fruits and vegetables, nuts and seed should be avoided.



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Food	Recommended Food	Not Recommended Food
Beverages	Any smooth, homogenous beverages without chunks or pulp.	Any beverages with lumps, chunks, seeds.
Breads	All dipped (bread rolls, crackers, biscuits, cakes, pancakes, waffles, French toast, muffins), without seeds or nuts	All unmoistened breads
Cereals	Smooth, homogenous, cooked cereals such as farina and semolina. corn flakes, oats porridge.	All dry cereals and cooked cereals with lumps, seeds ,chunks.
Desserts and Milk product	Smooth puddings, custards, yogurt, jelly, pureed desserts, blended cottage chesses and labneh.	Rice pudding, yogurt with fruit cuts.
Fats	Vegetables oil, Butter, margarine (that does not contain trans-fat), smooth sauces such as white sauce, cheese sauce.	All fats with coarse or chunky additives.
Potatoes and starches	Mashed potatoes, pureed potatoes with (gravy, butter), well cooked pasta, noodles or rice that have been pureed.	All other potatoes, (Fried potato and chips),rice, noodles, plain mashed potatoes, cooked grains that have not been pureed.
Soups	Blended Soups	Soups that have chunks, lumps.
Vegetables	Pureed vegetables without chunks, lumps, or seeds.	All other vegetables that have not been pureed, tomato sauce with seeds.
Fruits	Pureed fruits (without pulp, seeds, or chunks) well mashed ripe bananas.	Whole fruit, fruit salad, dried fruit.
Meats and alternatives	Well blended cooked meats/chicken/ fish , soft scrambled egg.	Whole or ground meats, fish, poultry, legumes, peanut butter, scrambled hard cooked eggs, boiled egg, fried egg.
Miscellaneous	Sugar, artificial sweetener, salt, finely ground pepper, and spices, honey.	Coarsely ground pepper and herbs, chunky fruit preserves and seeds, jams, seeds, nuts , sticky foods.

- Mechanical soft**

This diet consists of foods that are softened by blending, chopping, or mashing so they are easier to chew and swallow. Foods in large chunks or foods that are too hard to chew should be avoided.



Food	Recommended Food	Not Recommended Food
Grains and cereals	Soft pancakes, breads, and sweet rolls, (All items should be well moistened with syrup or sauce to form soft mixture). Well-cooked pasta, noodles in sauce, cooked cereals with soft texture, including oatmeal. Slightly moistened dry cereals with soft texture such as corn flakes, wheat flakes, plain biscuits. Soft, moist cakes dissolved in milk or juice Cookies softened with milk, or other liquid.	Coarse cooked cereals that contain flax, seeds, nuts, dried fruit, or coconut. Whole-grain dry or coarse cereals. Dry, Coarse cakes and cookies.
Vegetables	Moist, well cooked, soft boiled, steamed or baked, finely chopped vegetables.	Potato with skins. Potato and other vegetable chips. Corn, peas, broccoli, cabbage, brussels sprouts, asparagus, celery and other fibrous, tough or stringy or undercooked vegetables.
Fruits	Soft drained canned or cooked fruits without seeds or skin. Ripe mashed banana.	Whole fruit, fruit salad, dried fruit.
Milk	Plain Pudding, custard, ice cream, yogurt, labneh, cream cheese, cottage cheese.	Dairy products with nuts.
Meat and alternatives	Moistened ground or tender cooked meat, poultry, or fish with gravy or sauce. • Soft tuna • Boiled, scrambled, or soft cooked eggs mashed with butter, margarine, sauce, or gravy.	Dry meats, tough meats (such as sausage, hot dogs). Cheese slices and cubes. Peanut butter. Legumes fried eggs
Fats and Oils	Vegetables oil, butter, margarine (that does not contain trans-fat), gravy, cream sauces, mayonnaise, salad dressings, cream cheese.	All fats with coarse or chunky additives.

Dietary instruction for Esophagectomy

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• Soft Diet

The purpose of altering foods is to provide foods that can be successfully and safely swallowed. This diet consists of foods that are soft and easy to chew and swallow; and nearly regular textures but excludes very hard, sticky, or crunchy foods. Foods should be moist. All recommended food items in the previous stages can be included in this stage.

Food	Recommended Food	Not Recommended Food
Grains and cereals	All Breads, cereals, biscuits, muffins, pancakes, waffles; that have been well moistened Plain cake Well Cooked grains, pasta, noodles, and rice	All items of toast, bread ,crackers, that have not been moistened. Crusty breads such as French bread or baguettes. Dry cereals such as shredded wheat. Dry cakes, cookies that are chewy or very dry.
Vegetables	All well-cooked, tender or boiled shredded vegetables. Well ripe tomato	All raw and undercooked vegetables, Corn .Some cooked vegetables like crisp-fried potatoes, potato, or eggplant with skins. Other fibrous tough strickled cooked vegetables like peas, broccoli, cabbage, brussels sprouts, asparagus, celery and other fibrous tough or stringy vegetables.

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Food	Recommended Food	Not Recommended Food
Grains and cereals	All breads, cereals, biscuits, muffins, pancakes, waffles; that have been well moistened Plain cake Well Cooked grains, pasta, noodles, and rice	Fresh fruit that difficult to be chewed Fibrous and stringy fruit like pineapple, papaya, and hard mango Citrus fruits and their juices (orange, grapefruit, lemon, lime) Dried fruit Coconut
Fruits	All canned, peeled or cooked fruit ripe, soft fresh fruit without skin or seeds, juices, and nectars	All raw and undercooked vegetables, Corn .Some cooked vegetables like crisp-fried potatoes, potato, or eggplant with skins. Other fibrous tough strickled cooked vegetables like peas, broccoli, cabbage, brussels sprouts, asparagus, celery and other fibrous tough or stringy vegetables.
Milk And Dairy products	Milk, cream, pudding, custard, ice cream, yogurt, labneh and cottage cheese (other kinds of cheese according tolerance)	Dairy products contain solid particles (nuts, fruit, coconut,...)
Meat and alternatives	Well-cooked small pieces, chopped or ground meat, chicken, and fish with gravy or sauce. Eggs prepared in any way.	Tough meats and poultry. Dried fish or fish with bones. Dried meat Chunky peanut butter. Dried beans
Fats and Oils	Olive oil, vegetables oil and other fats	All fats with coarse or chunky additives. Olives Nuts

• Regular food

Solid food is introduced gradually and in small amounts in addition to the food of the previous stages. Work with your dietitian to determine your daily requirements.

Always remember

- Chew food properly.
- You may not tolerate some food items such as: Red meat, white bread, corn, whole fresh fruit and vegetables (with skin and seeds), dried fruits and nuts.
- If you develop a food intolerance, try the same food again one or two weeks later.
- Consume 2 liters of water daily (30 – 60 ml every 15 minutes)
- Drink 2 cups of milk or yogurt to get your calcium requirements (60 ml every 15 minutes)
- Don't drink fluids with meals, instead drink half an hour before or after meals.

Complications after the surgery

Dumping syndrome

With dumping syndrome, you may experience dizziness, weakness, sweating, faint, hot or cold and discomfort or pain in the abdomen. It is caused by the rapid movement of food into the small bowel.

- o Early dumping syndrome occurs just after your meal.
- o Late dumping syndrome occurs about 2 hours after your meal.
- You should eat slowly, reduce sugary foods, and have regular meals, that can reduce both types of dumping syndrome.
- Lay down for 15–20 minutes after meals which could also help.
- Dumping syndrome should ease off after 2–3 months.

Diarrhea

Once home, if diarrhea occurs remember that diarrhea may not be related to any food you have eaten.

Try a low fiber diet for 2 days:

- Reduce the intake of leafy vegetables, pulses, beans, and high fiber cereals.
- Have more potatoes, rice and pasta.
- Continue eating meat, chicken, fish and egg
- Consume more fluid to avoid dehydration

If the diarrhea persists, contact your doctor.

Indigestion

Gases and abdominal pain can be a problem after gastric surgery.

Avoid fizzy drinks, alcohol, very spicy foods and possibly citrus fruits.

Peppermint water may help to relieve the symptoms.

Green tea, herbs, weakly brewed black teas can also help.

Sleeping on extra pillows may also help.

Avoid eating 3 hours before going to bed.

If food is getting stuck

You should inform the hospital team as quickly as possible as it is easy to solve

In the meantime, you should chew your food well and have sips of fluid to lubricate its passage.

Soft foods may feel more comfortable so use lots of gravies and sauces.

Swallowing Difficulties

Swallowing certain foods such as bread and firm meats can often become a problem.

Choose soft, moist foods with extra sauce or gravy and chew the food well.

Reduced Appetite or weight loss

This is common and can be due to several different reasons including swallowing difficulties, feeling full, taste changes, vomiting or stress.

Increase the energy of the meals by adding extra nourishment to dishes using:

- Full cream milk
- Adding cheese, cream, scrambled egg, olive oil, sugar or jam.
- High energy snacks like cheese, chocolate, pastry, avocado, creamy yoghurts, puddings, and cakes
- Eat small frequent meals. (5–6 small snacks/meals per day with nourishing drinks).