

Gastrectomy Diet

You are scheduled for a surgical procedure called a gastrectomy. Your eating habits will probably need to change after surgery. Your healthcare team will teach you how to get the nutrients you need.

What is a gastrectomy?

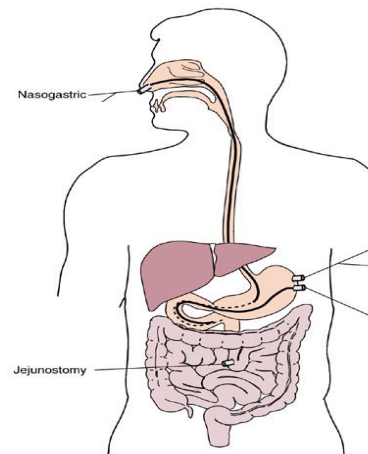
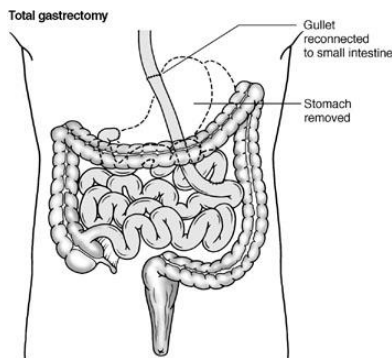
A gastrectomy is a surgical procedure where a part of or the entire stomach is removed to treat peptic ulcer disease or gastric cancer.

Will I need any special tubes?

During surgery, a nasogastric tube will be placed down your nose into your stomach. This tube is used to drain fluid and air from your stomach and is taken out after a few days when your bowels start to become active again. This tube will help make you feel less nauseated and rest your bowels.

How will I eat?

You will not be allowed to eat or drink anything through your mouth until you have an x-ray which shows your new connections are healing well and your bowel activity returns. During surgery, a jejunostomy tube may be placed through the abdomen and into your small intestine. This tube will be used to feed you very shortly after surgery. The dietitian will recommend liquid nutrition similar to Ensure[®] or Boost[®] to provide the calories and protein you need. The tube will be used for feeding until you are ready to eat through your mouth.



Part or all of the stomach is removed during a gastrectomy.

You will wake up from the surgery with a nasogastric and a jejunostomy tubes

What should I eat?

Your healthcare team will recommend a diet. You will be told when to begin this diet and when to make changes to your diet. Suggestions for your diet will be made according to what is appropriate for you. If you have questions, be sure to ask your healthcare team.

Gastrectomy Diet:

- Eat six to eight small, frequent, high calorie meals and snacks.
- Eat a soft diet with moist foods.
- Avoid tough meats such as overcooked chicken or beef (choose ground or chopped meats instead), fresh “doughy” breads or rolls, and abrasive foods (potato chips, nuts & seeds). Well-toasted bread is usually okay.
- Take small bites of food and chew foods well.
- Eat slowly in a relaxed atmosphere.
- Avoid drinking large amounts of fluids during meal times to avoid feeling full.
- Drink most of your fluids 30- 60 minutes after meals.
- Stop eating when you start to feel full.
- Prevent gas and bloating by avoiding straws, slurping foods, chewing gum, sucking on candy or ice cubes, and drinking carbonated beverages. Chew with your mouth closed.
- Sit upright when eating. Remain in a sitting position for 45-60 minutes after eating. Avoid eating three hours before bedtime.
- “Dumping Syndrome” may be a problem for you. If you are experiencing diarrhea or feeling dizzy after eating, let your healthcare team know immediately. Ask your healthcare team to explain the handout “*Diet to Prevent Dumping Syndrome*”.

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.