



Dietary Principles for Total Gastrectomy 全胃切除飲食原則(英文)

Goal:

Patients who have undergone total gastrectomy are more susceptible to indigestion caused by stomach's fragile ability in digesting food. The following dietary guidelines help improve these symptoms.

Subject:

1. Patients who have received total or partial gastrectomy.
2. Patients who have received esophagojejunal anastomosis.

After the surgery, follow these food intake guidelines and instructions given by your doctor:

- **Day 1**
 - Clear liquid diet, 6-8 meals per day (e.g., 30 ml of rice water and no fiber fresh juice per serving)
- **Days 2 and 3**
 - Complete liquid diet, 6-8 meals per day (e.g., steamed vegetables, meat, porridge, noodles, then fruit and vegetable juice diluted with lukewarm water)
- **After being discharged from the hospital, begin food intake based on level of recovery.**
 - Semi-liquid food diet, 6-8 meals per day (porridge with chopped vegetables and meat, noodles with chopped vegetables and fish)
 - Soft diet (Choose foods that are soft and easy to digest; avoid fried and oily foods)

Important Reminders:

1. The amount of food intake is determined by the amount of food left in the stomach.
2. Begin to eat smaller meals more frequently throughout the day; 3 meals with snacks in between are recommended.
3. Avoid carbohydrates such as sweet soft drinks, candy, and cake.
4. Avoid consuming excessive amounts of water during meals and 1 hour after meals.
5. Choose a balanced diet with an appropriate amount of protein, such as: fish, meat, legumes, eggs, and etc...
6. Choose non-irritable foods that are soft in nature. Avoid stimulatory drinks such as coffee.
7. If abdominal distension is present, avoid foods that produce gas, such as beans and milk.
8. Consume food in a sitting position, chew completely before swallowing, and rest for 30 minutes after meals.
9. When trying new foods, start with a small amount first, and only try one new food at a time. If there is no discomfort, the food may be added to the regular diet.
10. Always obey doctor's orders, and supplement meals with vitamins and minerals.

若有任何疑問，請不吝與我們聯絡
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