

Dietary advice after a G-POEM procedure

Information for patients

This leaflet explains the diet you should follow before and after having a gastric peroral endoscopic myotomy (G-POEM) procedure. Following this guidance will help to reduce discomfort, and ensure a return to good nutrition and healing post-procedure. Please read this leaflet alongside the medical procedure information booklet. If you have any more questions or concerns, please do not hesitate to contact the team caring for you.

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About the procedure

A G-POEM is a procedure used to relax your pylorus (the valve between your stomach and small bowel) when it is not working properly. It allows food and drink to pass more freely out of your stomach and into your small bowel.

This procedure is done through endoscopy. This means you have no skin wounds or stitches as there would be after a surgical procedure.

Preparing for the procedure

In the days before the procedure, it may be helpful to:

- ✓ ensure you have appropriate kitchen equipment such as a blender or hand blender
- ✓ prepare or batch cook suitable foods for the liquid and purée stages
- ✓ stock up on high-protein drinks and ingredients

Dietary stages overview

After your procedure, you will progress through several stages of reintroducing food. Everyone heals at a different pace, so it is important to go slowly and listen to your body.

If you experience symptoms such as pain, nausea, vomiting, reflux, or discomfort, return to the previous stage for a few days before trying to progress again.

It is very common for people to remain on liquids or puréed foods for longer than the suggested timeframes, particularly between weeks 3 to 6, and sometimes up beyond week 8. There is no need to rush.

Important information

- If you take medication for diabetes, you must contact your GP or diabetes team before starting the liquid diet, as your medication may need adjusting to prevent low blood sugars.
- You will need to be nil by mouth (no food or drink) for at least 6 hours before the procedure.
- You may not be able to eat or drink for 24 hours after the procedure to allow for healing.
- Once you are allowed to drink, start with small sips of clear fluids.
 - Clear fluids typically include water, black tea or coffee (no milk), clear broth, jelly, diluted juice, cordial, or squash.
- If you struggle with any texture, return to the previous stage for a few days before trying again.
- Healing takes time – symptoms can persist for several weeks and improvement is often gradual.

Stage	Timeframe	Diet type	Definition
Pre-procedure	3 days before procedure (72 hours)	Liquid diet	Smooth liquid, no lumps, thin enough to run off a spoon.
Procedure	Day 0	Nil by mouth	No oral food for up to 24 hours after the procedure. Your medical team will advise you on the day.
1	Week 1 (Days 1 to 7)*	Liquid diet	Smooth liquid, no lumps, thin enough to run off a spoon.
2	Week 2 (Days 8 to 14)*	Purée diet	Completely smooth foods with no lumps; passes easily through a fork.
3	Week 3 onwards*	Soft to normal diet (to tolerance)	Based off symptom tolerance – progress gradually based on symptoms. Many people continue mainly liquids or puréed foods for longer than 2 weeks depending on their symptoms.

***Timelines depend on individual symptoms and tolerance**

Stage 1: Liquid diet (week 1)

Food type:	Liquid (smooth, no lumps, runs off a spoon)
Amount:	Aim to have at least 2 litres (3½ pints) of fluid each day to avoid becoming dehydrated. At least 1 to 1.5 litres of this should be nourishing drinks (see Recipes page 10).
Duration:	1 week

- For the 3 days before and 7 days after the procedure, aim to have high energy and protein drinks, shakes or thin soups spread throughout the day.
- Start with sips and, if these feel comfortable, gradually increase the amount you take in one go. Be careful not to gulp your drinks as this can cause vomiting. Aim for 1 to 2 small cups of fluid per hour.

Nourishing liquid ideas (see Recipes page 10)

- Milk with added milk powder.
- Malted drinks.
- Hot chocolate.
- Smooth soup (homemade or tinned) with an added 1 to 2 tablespoons of skimmed milk powder or unflavoured protein powders. Avoid instant cup-a-soups.
- Smoothies (fruit or vegetables blended, strained with milk and added milk powder, high protein yoghurt or protein powder).
- High energy and protein milkshakes.
- Yoghurt drinks.
- Protein powders (except for collagen protein), made into a shake as in instructions.
- A prescribed nutritional supplement drink from your doctor or dietitian.

Note – swallowing difficulties

If you have been having difficulties swallowing fluids, you may have been advised by a speech and language therapist to thicken all the fluids that you consume. Remember that you will need to add thickener to all drinks, soups and supplement drinks that you take, including the ideas that are mentioned in this booklet.

If you are unsure if the ideas in this booklet are suitable for you, please check with your speech and language therapist or health care professional for advice.

Stage 1: Liquid diet (week 1)

Example meal plan

Breakfast	Milk with added milk powder (200ml)
Mid-morning	Fruit smoothie (no bits) with full fat yoghurt (200ml) and honey
Lunch	Homemade or tinned soup blended with 1 to 2 tablespoons dried skimmed milk powder
Mid-afternoon	Milk with added milk powder (200ml)
Dinner	Meal replacement shake (200ml)

Extra fluids, such as water, tea, coffee and diluted squash drinks, should be taken throughout the day between these meals. You will be aiming for 2 litres of fluid per day (including the high energy and protein nourishing liquids).

Stage 2: Purée diet (week 2)

Food type:	Purée (smooth, no lumps, similar to texture of a yoghurt)
Amount:	Have 4 to 6 small puréed meals a day
Duration:	1 week
Fluid:	1.5 to 2 litres of fluid

- The texture of your foods at this stage should be completely smooth (no lumps).
- Blend foods until smooth using a hand blender or a food processor. You may need to add extra liquid to achieve the right texture. Try using stock, gravy, cooking water from vegetables or sauces for savoury foods. A sieve should be used to remove any seeds or pips after blending.
- Have 4 to 6 small meals a day. Start with about a few tablespoons per meal and increase this gradually. If you can only manage very little (less than 4 tablespoons) then try to have something every 2 hours (this is at the beginning only) and add extra energy to meals (see Recipes page 10).
- Make sure you include a protein source at each meal.
- You can slowly build up to thicker purées if tolerated over the week.
- You still need to make sure you drink a minimum of 1.5 to 2 litres of water or other nourishing liquids every day.

High protein meal options could include:

- puréed minced beef, turkey, Quorn™ or soya mince with tomato sauce or gravy
- puréed casserole, stewed or curried meat in a sauce or gravy
- puréed fish in sauce or fish pie
- puréed pulses (such as baked beans)
- puréed lentils or dahl
- puréed scrambled egg
- soup (blended with no lumps) – ensure to add protein, for example meat, fish, beans or tofu
- cream cheese or puréed cottage cheese
- high calorie dessert, yoghurt or custard
- smooth hummus or smooth bean dips

Serve these with puréed vegetables, and carbohydrate (such as smooth mashed potato/sweet potato).

Stage 2: Purée diet (week 2)

Example meal plan

Choose one from each group below

Remember to purée with a hand blender or food processor first.

Breakfast	High energy yoghurt Cereal, for example, oat cereal or porridge (add warm milk with added milk powder) Homemade fruit smoothie (fruit blended (pips or seeds removed) with yoghurt or milk) Protein or meal replacement shake
Morning snack	High energy yoghurt Fruit purée
Lunch	Thick, smooth, high protein soup Fish in sauce (puréed) with puréed vegetables and smooth, fortified mash Bolognese sauce (with minced meat or vegetarian mince) puréed Puréed baked beans with cheese Puréed fish in sauce or fish pie with mashed potato Scrambled egg (puréed)
Afternoon snack	Milky drink or protein shake (half a serving) Custard
Dinner	Meat or fish stew (puréed), with puréed vegetables and smooth mash Lentil dhal (puréed) Minced beef (puréed) or Quorn™ in gravy with puréed vegetables and smooth mash Shepherd's or cottage pie (puréed) Chicken casserole (puréed) with puréed vegetables and smooth mash Chicken or meat and vegetable curry (puréed)

Stage 3: Soft to normal diet (to tolerance)

For your long-term eating plan you should aim for a healthy nutritious eating plan high in protein and moderate fibre (to tolerance).

Many people tell us it takes longer to get used to how and what to eat – even after 8 weeks. Take it slowly and don't worry if you still have some symptoms. Start with softer foods first and take your time increasing the texture of your diet.

Adjust portions to smaller more frequent meals if struggling with appetite or gastrointestinal symptoms.

Example meal ideas

You might find smaller portions, more regularly, are tolerated better.

Breakfast

- Yoghurt with soft fruit
- Cereal softened with milk (and added supplement if appropriate)
- Porridge
- Soft cooked egg (poached, scrambled with added milk or spread)
- Homemade fruit smoothie (fruit blended with yoghurt or milk)

Main meal ideas

- Omelette (1 to 2 eggs) with cheese
- Shepherd's or cottage pie
- Melt in the mouth crispbreads with high protein topping (tinned fish, cottage cheese, mashed egg, soft cheese, hummus)
- Lasagne, ravioli or spaghetti bolognese (soft pasta dishes)
- Fish in sauce or fish pie with soft, cooked vegetables and mashed potatoes
- Tuna pasta bake (with soft, cooked pasta)
- Meat or chicken stew with vegetables and boiled or mashed potato, cassava or plantain
- Mince in gravy with vegetables and boiled or mashed potato
- Baked beans with boiled or mashed potato
- Chunky, high protein soup (such as minestrone, pea and ham, Tuscan bean)
- Lentil dhal
- Meat or chicken and vegetable curry with mashed potato and soft-cooked vegetables
- Cauliflower cheese or macaroni cheese

Snack ideas:

- Soft fruit with smooth nut butter, honey or maple syrup and yoghurt
- Nourishing homemade shake or smoothie
- Melt in the mouth crispbread with cream cheese spread or hummus and meat or fish
- Eggs
- High energy yoghurt, pudding or custard
- Dunked biscuits

Managing gastroparesis symptoms after G-POEM

Some people continue to experience delayed gastric emptying symptoms even after G-POEM.

The following ideas help minimise nausea, bloating, early fullness, and vomiting.

1. Meal size and frequency

- Aim for small, frequent meals: 4 to 6 meals or snacks per day.
- Avoid large meals, which are harder to empty and increase discomfort.

2. Choose lower-fat foods

Fat slows your stomach emptying.

- Choose lean proteins: fish, eggs, tofu, yogurt, minced chicken or turkey.
- Limit fried foods, creamy sauces, cheese-heavy meals and fast food.
- Liquid fats (for example, oils) are often better tolerated than solid fats. Use small amounts in the below recommended recipes if you need extra calories.

3. Reduce insoluble fibre

Some people find that certain types of fibrous foods can worsen symptoms. When symptomatic, limit:

- raw vegetables, salad leaves, sweetcorn, celery, onion, garlic
- fruit skins
- nuts, seeds, lentils or beans
- wholegrain breads and cereals (opt for white versions first)

Choose instead:

- peeled, cooked vegetables
- soft fruits (ripe banana, tinned fruit, stewed apples without skin)
- white rice, pasta, couscous, mashed potato

4. Focus on soft, moist foods

These empty more easily than dry or tough foods. Examples:

- scrambled eggs
- minced meats or slow-cooked meats
- flaked fish
- smooth soups
- cottage cheese or yoghurt
- porridge
- well-cooked peeled vegetables

Avoid: dry chicken breast, crusty bread, tough meat, raw vegetables, skins, skins of pulses.

5. Liquids empty the fastest

If appetite is low or symptoms flare, swap meals for nutrient-dense liquids:

- smooth soups
- fortified milk or drinks
- meal replacement shakes
- blended meals (for example, blended pasta bake, blended casseroles)
- liquid calories help maintain weight when solids are difficult.

6. Eat slowly and use good positioning

- Sit upright during meals and stay upright at least 30 minutes afterwards.
- Avoid lying down after eating.
- Take small bites and chew thoroughly.

7. Fluids with and between meals

- Sip warm or room-temperature drinks with meals to help emptying.
- Aim for 1.5 to 2 litres per day unless medically advised otherwise.
- Ginger tea, peppermint tea (unless reflux symptoms), or hydration drinks may improve tolerance.

8. Manage bloating and nausea

- Try small sips rather than large gulps.
- Avoid fizzy drinks if they make bloating worse (some people tolerate them, some don't).
- Ginger-based products could help to reduce nausea.
- Peppermint-based products could help to reduce bloating.
- Your doctor may prescribe an anti-nausea medication if your symptoms do not improve.

9. Weight maintenance and nutrition

If maintaining weight is difficult:

- add calories through liquids (see Recipe inspiration page 10)
- add small amounts of oils, cream, milk powder, honey, or nut-free spreads
- include protein with each eating opportunity – yoghurt, eggs, soft cheese, tofu, fish, lean mince

10. If you have a flare-up

During a flare-up of gastroparesis symptoms:

- drop back to a liquid or puréed diet for 24 to 48 hours
- gradually reintroduce soft solids once nausea eases

Contact your clinical team if vomiting persists, or weight is dropping.

Important – If you are vomiting all foods or fluids or have tried the tips above and continue to vomit, or experience abdominal (tummy) pain, contact your gastroenterologist or GP as soon as possible. In an emergency you should go to an Emergency Department (A&E).

Recipes

The following features fortified recipes to boost calorie and protein intake. These ideas can be adapted depending on your dietary and cultural preferences, food restrictions, symptoms, allergies or intolerances.

Many use a fortified milk base (600 kcal, 40g protein): to make this, mix 4 tablespoons of dried milk powder into 1 pint (585 ml) of full-fat milk and keep in the fridge for 24 hours.

Hot milky drinks

Recipe	Calories/Protein	Ingredients	Method
Malted milk	380kcal/10g	200ml fortified milk, 25g full-fat malted milk drink, 2 tablespoons double cream	Warm milk, stir in powder, add cream.
Hot chocolate	350kcal/11g	200ml fortified milk, 3 teaspoons instant hot chocolate (non-diet), 2 tablespoons double cream	Warm milk, stir in powder, add cream.
Milky coffee	310kcal/12g	200ml fortified milk, 1 to 2 teaspoons instant coffee, 2 tablespoons double cream	Warm milk, stir in powder, add cream.
Cinnamon spice	220kcal/11g	200ml fortified milk, 1 tablespoon golden syrup, pinch mixed spice or cinnamon	Warm milk, stir in syrup and spices.

Cold milky drinks

Recipe	Calories/Protein	Ingredients	Method
Simple milkshake	380kcal/13g	200ml fortified milk, 1 tablespoon milkshake powder, 2 tablespoons double cream, condensed milk or ice cream	Mix in glass (blend if needed).
Banoffee drink	400kcal/14g	200ml fortified milk, 1 banana, 1 pot crème caramel, 1 teaspoon golden syrup	Blend smooth.
Iced coffee	400kcal/16g	200ml fortified milk, 2 teaspoons instant coffee, 1 pot crème caramel, 1 scoop vanilla ice cream	Mix in glass (blend if needed).
Nut milkshake	560kcal/14g	200ml fortified milk, 2 tablespoons double cream, 2 tablespoons condensed milk, 2 tablespoons hazelnut chocolate spread	Mix in glass (blend if needed).

Yoghurt and smoothies

Recipe	Calories /Protein	Ingredients	Method
Yoghurt drink	300kcal/18.5g	200ml fortified milk, 1 small pot full-fat yoghurt	Blend smooth.
Fruit yoghurt drink	430kcal/19g	200ml fortified milk, small tin fruit in syrup, 1 small pot full-fat yoghurt	Blend well.
Greek fruit smoothie	370kcal/11g	Small tin fruit in syrup, 50ml full-fat condensed milk, 1 small pot full-fat Greek yoghurt	Blend smooth.
Banana smoothie	400kcal/15g	200ml fortified milk, 1 banana, 1 scoop ice cream	Slice banana, blend all.
Fruit fusion	230kcal/2g	200ml orange juice, 1 banana, handful fruit (fresh, frozen or tinned), 1 tablespoon seedless jam	Blend smooth.
Fortified fruit juice	180kcal/9.5g	180ml fruit juice, 40ml undiluted cordial (non-diet), 10g egg white powder	Mix cordial into powder, add juice gradually.
Banana nut smoothie	435kcal/22g	200ml fortified milk, 1 tablespoon peanut butter, 1 banana	Blend smooth.

Soups

Recipe	Calories/Protein	Ingredients	Method
Fortified soup 1	185kcal/12g	200ml fortified milk, 1 x 12g 'cup a soup' packet	Heat milk, mix into packet.
Fortified soup 2	300kcal/9g	Base soup and milk powder, double cream (paste)	Mix powder or cream paste, stir into heated soup (no boil).
Fortified soup 3	150kcal/8g	½ (400g) tin soup, 3 tablespoons milk powder	Mix powder paste with milk, stir into heated soup (no boil).

Dairy-free

Recipe	Calories/Protein	Ingredients	Method
Coconut smoothie	480kcal/8g	100ml tinned coconut milk (full-fat), 150ml orange juice, 1 banana, 1 tablespoon peanut butter, 1 tablespoon golden syrup	Blend smooth.

Banana avocado smoothie	475kcal/12g	300ml soya milk, 1 avocado, 1 banana, 1 tablespoon honey	Blend smooth.
Fortified shake	230kcal/11.3g	180ml fortified plant-based milk, 25g plant-based malted milk powder, 1 scoop dairy-free ice cream	Mix powder into glass, add milk and ice cream, stir.
Soya yoghurt drink	300kcal/11g	200ml soya milk, small tin fruit in syrup, 1 small pot soya yoghurt	Blend smooth.
Fruity lemonade	200kcal/2g	100ml lemonade, 100ml fruit juice, small tin fruit in syrup	Blend smooth.

Add toppers to your meals

It is important to have good nutrition after your procedure. If you are finding that you are not managing to get enough meals and snacks, try adding 1 to 2 toppers each day to meals to boost your nutrition.

Food topper	Calories	Protein	Ideas to fortify your meals
1 tablespoon (15ml) olive or nut oil	135 to 140kcal	0g	Drizzle over cooked vegetables, pasta, fish, or soups, mix into mashed potatoes, use as salad dressing or dip with bread.
1 tablespoon (15g) butter	100kcal	0g	Melt into porridge, mashed potatoes, vegetables, sauces, or spread thickly on bread.
1 tablespoon (15g) vegetable spread	75kcal	0g	Spread generously on toast, crackers, sandwiches, melt into vegetables or baked potatoes.
30g (matchbox size) cheese	125kcal	7.6g	Grate into soups, omelettes, pasta, baked potatoes, salads, or melt on toast or vegetables.
30g (matchbox size) dairy-free cheese	80kcal	0g	Add to pasta, sandwiches, baked potatoes, soups, or melt onto vegetables.
1 heaped tablespoon (15g) ground or chopped almonds or hazelnuts	92kcal	3.2g	Stir into porridge, yoghurt, puddings, smoothies, or sprinkle over vegetables, cereal, or desserts.
1 teaspoon (15g) creamed coconut	100kcal	0.9g	Melt into curries, soups, stews, porridge, or add to smoothies for richness.
1 tablespoon (15ml) double cream / UHT cream	75 or 50kcal	0.3g	Add to soups, porridge, sauces, mashed potatoes, desserts, or hot drinks.
2 tablespoons (30ml) soy or oat cream	42kcal	0.6g	Stir into soups, pasta sauces, curries, porridge, or drizzle over desserts.
1 tablespoon (15g) peanut, cashew, or almond butter	91kcal	3.4g	Stir into porridge or yoghurt, spread on toast, mix into smoothies, add to stir-fries, or use in dressings or marinades.

1 tablespoon (15g) pesto	63kcal	0.8g	Stir into pasta, soups, sandwiches, roasted vegetables, or mix into dips.
1 tablespoon dairy-free pesto	58kcal	0.4g	Mix into pasta, grain bowls, roasted vegetables, sandwiches, or use as a marinade.
1 tablespoon (15g) tahini (sesame seed paste)	100kcal	3.5g	Stir into soups or stews, spread on toast, swirl into hummus or yoghurt, or drizzle over roasted vegetables.
1 rounded tablespoon (30g) cream cheese	68kcal	1.6g	Spread on crackers or toast, stir into pasta sauces, mash into potatoes, or use in dips.
1 rounded tablespoon (30g) dairy-free cream cheese	70kcal	0g	Spread on bread or crackers, mix into sauces, add to mashed potatoes or soup for creaminess.
1 scoop ice cream	95kcal	1.5g	Add to fruit, smoothies, milkshakes, puddings, hot drinks, or crumble.
1 scoop (60ml) dairy-free ice cream	55kcal	0.5g	Serve with fruit, crumble, puddings, or blend into smoothies.
50g (1/8 tin) evaporated milk	80kcal	3.8g	Add to tea or coffee, porridge, soups, mashed potatoes, sauces, or use in desserts.
50g condensed milk	163kcal	3.5g	Stir into porridge, tea, coffee, yoghurt, desserts, or drizzle over fruit.
1 tablespoon (15g) black strap molasses	42kcal	0.6g	Add to stews, sauces, marinades, porridge, or mix into warm milk or smoothies for extra iron.
1 tablespoon (21g) honey	64kcal	0g	Stir into porridge, yoghurt, smoothies, hot drinks, drizzle over toast, pancakes, or fruit.
1 tablespoon (20g) golden syrup	60kcal	0g	Mix into porridge, rice pudding, yoghurt, drizzle over toast, pancakes, or use in baking to increase energy density.
1 tablespoon (15ml) maple syrup	52kcal	0g	Add to porridge, yoghurt, smoothies, roasted vegetables (for example, carrots, squash), or drizzle on toast and pancakes.

Multivitamins and minerals after your procedure

After your procedure, it is unlikely that you will get all the vitamins and minerals your body needs from food alone. In the first few weeks, you might benefit from an over the counter supplement. This would be in addition to correcting any nutritional deficiencies you might have.

- **Multivitamin and mineral (A-Z)** choose from:
 - Over-the-counter supplement such as Forceval™, Centrum A-Z™, Tesco A-Z™, Lloyds A-Z™

Questions and contact

Frequently asked questions

Can you drink alcohol after this procedure?

It is not recommended that you drink more than the maximum limit recommended for health (14 units each week). Remember that alcohol can also exacerbate symptoms.

What do I do about medicines?

Please discuss with your doctor or GP what you need to take before and after the procedure. This is especially important if you are taking insulin or diabetes medicines.

Contact us

If you are currently under the care of a dietitian, including a local, renal, or diabetes dietitian, please contact your usual dietetic team for advice specific to your care.

For general dietary queries, you may contact the Gastroenterology Dietitians:

Email: kch-tr.gastroenterologydietitians@nhs.net

Please note that we can only provide tailored advice to patients who have been referred to our service by the gastroenterology team at King's College Hospital.

Acknowledgements

Recipe ideas and nutritional information have been reproduced from Somerset NHS Foundation Trust with permission and thanks.

About this diet sheet

This diet sheet is intended as a guide only and should be discussed with your healthcare provider during your appointments. Please speak with your doctor or dietitian if you need further adaptations or have additional requirements or food restrictions. Information is accurate at the time of development but products and information are subject to change.

MyChart

Our MyChart app and website lets you securely access parts of your health record with us, giving you more control over your care. To sign up or for help, call us on 020 3299 4618 or email kings.mychart@nhs.net. To find out more visit www.kch.nhs.uk/mychart

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Tel: 020 3299 4618

Email: kings.pals@nhs.net

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