**Study Design:**

Patients having oesophagectomy or total gastrectomy are told about the study and given the Patient Information Sheet at the pre-admission clinic by the nurse/CNC or surgeon.

Recruitment to the study to occur 3-4 days prior to discharge. Baseline date to be collected

**Baseline Data Collection:**

PG-SGA, EORTC-QOL, Weight/height/Pre-op weight,

24-hour Diet Recall, LOS

**Optional:** Grip Strength/TSF

Central randomization to occur (stratified by type of surgery and SGA) by ringing Suzie Ferrie 02 9515 6111 and paging 80455.

Education on HEHP diet and meal plan provided

Patients receive usual JEJ/NJ feeding during hospital admission. At the time of introduction of oral diet patients are asked by the ward Dietitian whether they are interested in the study.

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**Oral feeding**

Discuss importance of oral nutrition support, and incorporate 3 fortisip +/- multifibre (900cal) into the meal plan.

Arrange delivery of 3-4 trays Fortisip to home.

**Jejunal feeding**

Arrange training for pump feeding and care of JEJ/NJT. For pump loan.

Arrange regimen of 900cal Nutrison Energy +/- Mulitfibre @ 60ml/hr for 10 hours overnight

AND 50ml boiled cooled water before and after feeds.

Arrange delivery of feed and giving sets to home. And for supply of 50ml syringes from the ward.

Phone review at 1,2,3 weeks discharge using standardized review

Weekly phone review for first 4 weeks

No additional nutrition supplement drinks or feed should be prescribed during this time period.

One Month F/U in outpatient clinic (phone or face-2-face)

**Oral feeding**

**(Data Collection)**

PG-SGA

EORTC-QOL

Weight/height

24-hour Diet Recall

Readmission

Complications

Compliance

**Optional:** Grip Strength/TSF

One Month F/U in outpatient clinic (phone or face-2-face)

**Jejunal feeding**

**(Data Collection)**

PG-SGA

EORTC-QOL

Weight/height

24-hour Diet Recall Readmission

Complications

Compliance

**Optional:** Grip Strength/TSF

Dietitian to make an assessment on whether the patient requires enteral or oral supplements after one month.

All de-identified data-collection forms will be mailed via pre-paid express post parcel (supplied from the research group) to RPAH Nutrition and Dietetics Department for data entry and analysis. Each site will receive data feedback on completion of analysis, and the PI will have the opportunity to review any manuscripts for publication, along with authorship.

For complications, patient drop outs or concerns, the PI will contact Suzie Ferrie 02 9515 6111 and paging 80455 to discuss. This will be only be reported as de-identified data to the study group quarterly.

Review as deemed clinically necessary between 1-3 months completing using standardized review

Three Month F/U in outpatient clinic (phone or face-2-face)

**Jejunal feeding**

**(Data Collection as per one month**

**F/U as deemed appropriate**

Three Month F/U in outpatient clinic (phone or face-2-face)

**Oral feeding**

**(Data Collection as per one month**

**F/U as deemed appropriate**