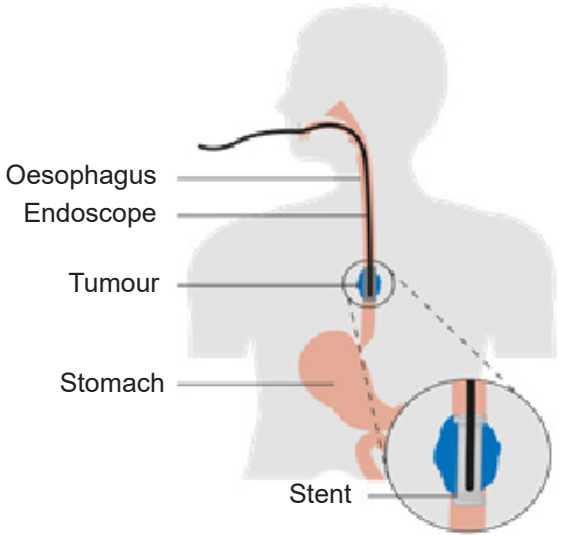
Dietary advice for patients with an oesophageal stent

A tube known as a stent is inserted into your oesophagus (gullet/food pipe), where you have a blockage or narrowing. The aim of the stent is to make swallowing more comfortable, by allowing food to pass through your oesophagus more easily.

What is a stent?

A stent is a flexible wire mesh which is placed through the narrowing in the oesophagus (gullet) to allow the food to pass into the stomach. This should make swallowing food and drinks easier.



Diet after the procedure

Day of procedure

- Drink fluids only for the rest of the day.
- Start with sips of water and progress to fluids such as milky coffee, hot chocolate, fruit juice, tea, cordial, strained soup and supplementary drinks.

Day 1 after procedure

- If you are managing fluids and swallowing well, try a very soft/ puree diet such as scrambled egg, steamed fish in sauce, yogurt, mashed banana, shepherd's pie with gravy, custard and ice cream.

Day 2 after procedure

- If you have been managing a soft diet well, try more solid foods such as soft vegetables, pasta, soft cake and rice pudding.

Day 3 onwards

- Gradually progress with food and texture to eat a more normal diet.
- If you have any problems with more solid foods, continue to eat softer diet until you feel able to slowly introduce more solids food.

Some people may find it difficult to tolerate an increase in texture of foods, if you note difficulty swallowing or blockage of the stent, you should go back down to the stage you tolerated.

compassionate care

Helpful hints

- It is vital to eat slowly and chew your food thoroughly to make sure it is in soft and smooth consistency before swallowing (if you wear dentures, make sure they fit well so you can chew your food properly).
- Sit upright during meal times, allowing gravity to help food pass down the tube into your stomach. Sit upright for at least half an hour after eating.
- It is important to have sips of fluids during and after meals to keep the stent clean and reduce the risk of blockage.
- Add sauces or gravy to your meals to keep the food moist as it makes it easier to swallow.

Certain foods may cause blockage of the stent and these should be avoided. Please see the table below for further guidance on the best food choices:

Food	Foods to choose	Best to avoid
Bread	Day old bread. Bread can be softened in stews and soups.	Fresh bread/ rolls as they may form lumps, crusty dry bread or bread/ rolls with seeds or grains.
Cereals	Porridge, oat based cereals, Weetabix, rice krispies. Soft cereals soaked in milk.	Cereals with nuts or dried fruits. Coarse cereals such as muesli, shredded wheat, puffed wheat.
Cheese	Grated hard cheese in sauces, cottage cheese, cream cheese and cheese spreads.	Lumps of hard cheese or any variety containing nuts or hard fruits.
Eggs	Scrambled, poached, soft boiled, omelette, soufflés, egg custard	Fried egg, hard boiled eggs unless sliced or mashed in sauce, e.g. egg mayonnaise.
Fish	Flakes or mashed fish with sauce. Poached steamed and boiled in the bag fish with a sauce. Fish cakes and fish fingers contain no bones but use sauces to help moisten them.	Fish with bones. Battered or dry fish, fish skin.
Fruit	Soft peeled fruit. Tinned and stewed fruit.	Fruit skins, fruit piths e.g. orange and grapefruit, dried fruit and raw hard fruit.
Meat and poultry	Tender cuts of meat, cook slowly to tenderise. Minced or liquidised meats, pates and pastes can be useful.	Lumpy chewy meat, tough and gristly meat, sharp edges such as the outer part of most meat.
Potatoes and starchy foods	Mashed potatoes with added milk, cream, butter or cheese. Inside of a fluffy jacket potato, tinned spaghetti, soft cooked rice and pasta with sauce.	Hard chips, roast potatoes. Be careful with crisps and crackers. Avoid skin of jacket potato.
Vegetables	Soft, well cooked. Mash or puree if necessary.	Chunks of raw green salad or stringy vegetables such as green beans, celery, okra or sweet corn.
Snacks	Biscuits dipped in drinks, milk puddings and yogurt, jelly, custard, mousse, crisps that melt in the mouth e.g. Wotsits, Quavers.	Sticky sweets and toffees, nuts and seeds, hard cakes or biscuits with nuts and dry fruits, hard crisps, chunky peanut butter.

Try to aim for small frequent meals

You may find that having 5-6 smaller meals, snacks and nourishing drinks per day easier to manage than 3 large meals. This is especially important if your appetite is poor and you suffer from indigestion/ reflux.

Meal suggestion

Breakfast options

Porridge or instant oat cereal made with whole milk or cream
Scrambled eggs made with milk and butter/margarine
Soft fruits e.g. banana, stewed apple, pear or melon.

Main meals

Smooth, blended or strained soup
Fish pie or Fish in sauce
Cottage or Shepherd's pie
Spaghetti in tomato sauce with grated cheese
Macaroni cheese with extra sauce
Broccoli or cauliflower cheese
Jacket potato (without skin) & cream cheese or tuna mayonnaise
Corned beef hash
Minced meat
Tofu, Quorn or Soya mince & sauce or gravy
Baked beans with grated cheese
Vegetable Curry or Dahl
And
Soft, well cooked vegetables such as carrots, cauliflower, mashed swede, broccoli, parsnips, tinned tomatoes (no skin), courgette or mushy peas.

Light meals

Soup (no lumps)
Macaroni/ cauliflower cheese
Omelette with grated cheese and tinned tomatoes (no skin)
Tinned spaghetti
Inside of a jacket potato with butter, grated cheese, tuna and mayonnaise.

Desserts

Milky puddings - rice, custard, semolina or tapioca
Instant whip / Jelly whip / Mousse or Fruit fool
Trifle, Crème caramel or Egg Custard
Ice cream or Sorbet
Thick and creamy yoghurts or Fromage frais
Stewed fruit with cream or evaporated milk
Sponge and custard

Snacks

Milkshakes
Sponge cake
Chocolate or fudge (no nuts or fruits)
Yoghurt
Crisps e.g. Wotsits and Quavers

Choose foods that are high in calories. It can be difficult to get all the calories you need from the diet if you have a small appetite. Easy ways to build yourself up - food fortification advice:

Food items	Where can I use them
Milk	Milk is a good source of protein. Try to have at least 1 pint of full fat milk per day. Use it in tea, coffee, hot chocolate, breakfast cereals, mash potato, custard, fruit smoothies or soup.
Milk Powder	Use this to fortify your milk - add 4 tablespoon of milk powder to 1 pint full fat milk. Use this fortified milk in tea, coffee, hot chocolate, smoothies, custard, puddings etc.
Butter	Use butter in boiled, mashed or jacket potato, vegetables or curry
Cream	Use cream in coffee, hot chocolate, desserts, mashed potato, soups, sauces, cakes and pastries. Coconut cream/milk can be added to curries.
Cheese	Add to cottage or shepherd's pie, mash potato, sauce, soups, scrambled egg, omelette, pasta dishes or cauliflower.
Honey	Add to roast vegetables, breakfast cereal, herbal tea, cakes and yogurt
Sugar	Tea, coffee, hot chocolate, breakfast cereal, smoothie, cakes and desserts.
Ice cream	Add ice cream on fruit smoothie, desserts, fizzy pop like cola
Jam	Have jam with milky puddings- rice, custard, semolina or tapioca, pastries, cakes or desserts.

Nutritional supplement drinks: Nutritional supplement drinks can be used to supplement your intake and help maintain your weight. You can buy Complan or Build up drinks from your chemist or supermarket. There are also a wide range of nutritional supplements available on prescription. If you continue to lose weight or are still experiencing problems with your dietary intake, contact your dietitian or specialist nurse to arrange a nutritional assessment with more specialist advice.

What if my stent is blocked?

- If you think your stent is blocked, try not to panic.
- Stop eating and have a few sips of warm fluids or fizzy drinks.
- If the blockage persists for more than three hours, contact your GP or specialist nurse because you may been to be admitted to remove the blockage endoscopically.

What if I have heart burn and indigestion?

- Eat small meals little and often- five to six times per day rather than trying to have big meals.
- Sit upright to eat and try not to bend down or rush around until your meal has settled.
- Take small mouthfuls of food, eat slowly and chew well.
- Avoid tight fitting clothing
- To prevent acid from your stomach coming back into your gullet, try sleeping in a semi-upright position. It is also advisable to try not to eat too late at night.
- If symptoms persist, discuss this with your doctor who may prescribe antacid medication.

What if I have a poor appetite and am losing weight?

- Try and eat small frequent meals and snacks, e.g. every two hours.
- Be positive about what you do eat - every mouthful helps.
- Try not to get out of the habit of eating; you actually need to eat to stimulate your appetite.
- Make the most of the times when you feel like eating.
- Don't worry if it isn't normal foods at normal times - if you fancy cereal at midnight, give it a try.
- Try to relax and enjoy what you eat - take a short walk to get some fresh air as this may help with your appetite.
- Experiment with different foods.
- Try and make food and drink as nourishing as possible (see food fortification advice).
- Convenience foods are a useful standby and can be just as nourishing.
- Don't worry if you don't feel like cooking, cold meals can be just as nourishing as cooked meal.

What if I feel sick?

- Don't force yourself to eat when you feel sick, it is important to keep your fluid intake up to prevent dehydration.
- Clear, cold drinks may be better tolerated.
- Try sipping fizzy drinks such as soda water, ginger beer or lemonade.
- Start with small frequent meals and build up to your normal diet as the sickness subsides.

If you have any comments about this leaflet or the service you have received you can contact :

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Specialist Macmillan Dietitian
Or
Wendy Markey
Upper GI Nurse Specialist
Huddersfield Royal Infirmary

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www.cht.nhs.uk

If you would like this information in another format or language contact the above.

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