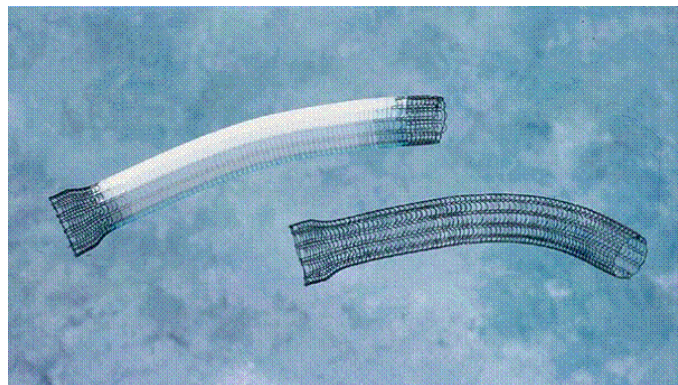


## Department of Nutrition and Dietetics

# What you can eat with an oesophageal stent



An oesophageal stent is a flexible wire tube (2cm wide) placed through the narrowing in your food pipe (oesophagus). We place the stent to make it easier for you to eat.

## What you can eat

You'll need to build up to a soft diet gradually once the stent is placed. You will start with fluids.

- **Stage 1** – Fluids only
  - Sips of fluid at first. You can build up the quantity as you feel able.
- **Stage 2** – Smooth or pureed foods
  - Such as soup, custard, yogurt, jelly, ice-cream.
- **Stage 3** – Soft, moist diet
  - If you are swallowing smooth foods easily, you can increase the texture of your food.



### Tips for eating with an oesophageal stent

With your stent in place, you can eat soft foods and have a more varied diet without feeling food getting stuck.

#### Do:

- ✓ Eat smaller meals more often.
- ✓ Sit upright at mealtimes and for 30 minutes after meals.
- ✓ Relax and eat your meals slowly.
- ✓ Chew each mouthful thoroughly - cut your food up into small pieces.
- ✓ Have plenty of sauces (gravy, custard, cream) with your meals. It will make your food moist and easier to swallow.
- ✓ Have drinks during and after each meal. They'll help to keep your tube clear. Warm drinks may help the most.
- ✓ If you wear dentures, make sure they fit correctly.

#### Don't:

- × Do not swallow any hard lumps of food that may block your tube. You can spit out lumps that can't be chewed.

It is important to eat a variety of foods of suitable texture to give you all the nourishment you need.

### Meal ideas

#### Breakfast

- Porridge, Ready Brek®, Weetabix®, Rice Krispies® with milk and sugar
- Soft fruit
  - such as banana, stewed apple, soft pear
- Thick and creamy yoghurt

Scrambled eggs

## Patient Information

### Main meal

- Tender or minced meat or meat substitute in gravy
  - such as shepherd's pie, corned beef hash, chicken stew
- Fish pie or fish in sauce (parsley or butter)
- Tender meat or vegetable curry with rice
- Dahl
- Pasta dishes
  - such as macaroni cheese or spaghetti bolognaise
- Mashed potato with added butter, cream, or cheese
- Soft well-cooked vegetables
  - such as carrots, cauliflower, swede

### Snack meal

- Jacket potato (no skin) with butter and a soft filling
  - such as tuna or salmon with mayonnaise, tinned spaghetti, grated cheese, cream cheese
- Soup with added cream, cheese, skimmed milk powder or tender meat

### Desserts

- Milk pudding
  - such as rice pudding, custard
- Sponge pudding and cream, ice cream or custard
- Thick and creamy yoghurt
- Ice cream
- Trifle, Angel Delight®, mousse

### Between meal snacks

- Milky drinks, such as milky coffee, hot chocolate, Horlicks®
- Biscuits
- Plain, soft cake

## Patient Information

- such as sponge cake
- Suggested desserts as above

### **Foods that may block your stent**

The stent will not be as wide or as flexible as a normal oesophagus so some foods may cause your stent to block. These include:

- bread or toast
- egg
- fish with bones
- pithy fruit
  - such as orange, grapefruit, pineapple
- stringy vegetables
  - such as green beans, celery
- salad items
- raw vegetables
- chips

To reduce the risk of blocking your stent, it is important to think about the foods that you are eating. Some foods are easier to swallow than others:

- Bread sticks will crumble when chewed.
- Bread will form a sticky lump.

You may be able to eat some foods that are not listed. Ask your dietitian about these foods.

### **If you don't feel hungry or have lost weight**

If you have a poor appetite or have lost some weight, try the following:

- Eat little and often, including small snacks.
- Choose full cream milk and full-fat foods, instead of low-fat products.
- Add sugar to cereals, puddings and drinks.
- Add grated cheese, cream and/or butter to mashed potatoes, soups, sauces, and puddings.

## Patient Information

- Fortify milk by adding 2 to 4 tablespoons of dried milk powder to 1 pint of milk. Use this for drinks, soups, puddings, and sauces.
- Try a nourishing drink such as Complan®, Build Up® or supermarket own brand.
- Make your own fruit smoothie or milkshake with ice cream and full fat milk.

## Nutritional supplements

Your doctor can prescribe nutritional products if you continue to lose weight. These are available in a variety of flavours and consistencies.

Your Dietitian can offer more information and advice.

## If your stent blocks

If your stent is blocked:

- Don't panic – a stent block will not affect your ability to breathe the blockage only affects the tube into your stomach
- Stop eating
- Take a few sips of a drink
- Walk around
- If the block has not cleared after 1 to 2 hours contact your GP or specialist nurse.

## If it is out of working hours:

- Call 111 for advice

## Contacts and support

Cancer Information

Macmillan Cancer Information Centre

Main Entrance - University Hospital

Clifford Bridge Road

Coventry

CV2 2DX

## Patient Information

Phone: 024 7696 6052

Open Monday to Friday 9am-4pm

Macmillan Cancer Support: Free phone 0808 808 0000

[www.macmillan.org.uk](http://www.macmillan.org.uk)

Oesophageal Patients Association: 0121 704 9860

Your dietitian is:

Contact number: 024 7696 6161

Your specialist nurse is:

Contact number: 024 7696 6475

Endoscopy Unit:.....

Contact number: 024 7696 7509

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6161 and we will do our best to meet your needs.

Originally produced by Macmillan Dietitians, UK, formatted by Coventry Dietitians. Illustration provided by Boston Scientific.

## Did we get it right?

We would like you to tell us what you think about our services. This helps us make further improvements and recognise members of staff who provide a good service.

Have your say. Scan the QR code or visit:

[www.uhcw.nhs.uk/feedback](http://www.uhcw.nhs.uk/feedback)



### Document History

Department:	Nutrition and Dietetics
Contact:	26161
Updated:	January 2024
Review:	January 2027
Version:	7
Reference:	HIC/LFT/028/06