

Department of Nutrition and Dietetics

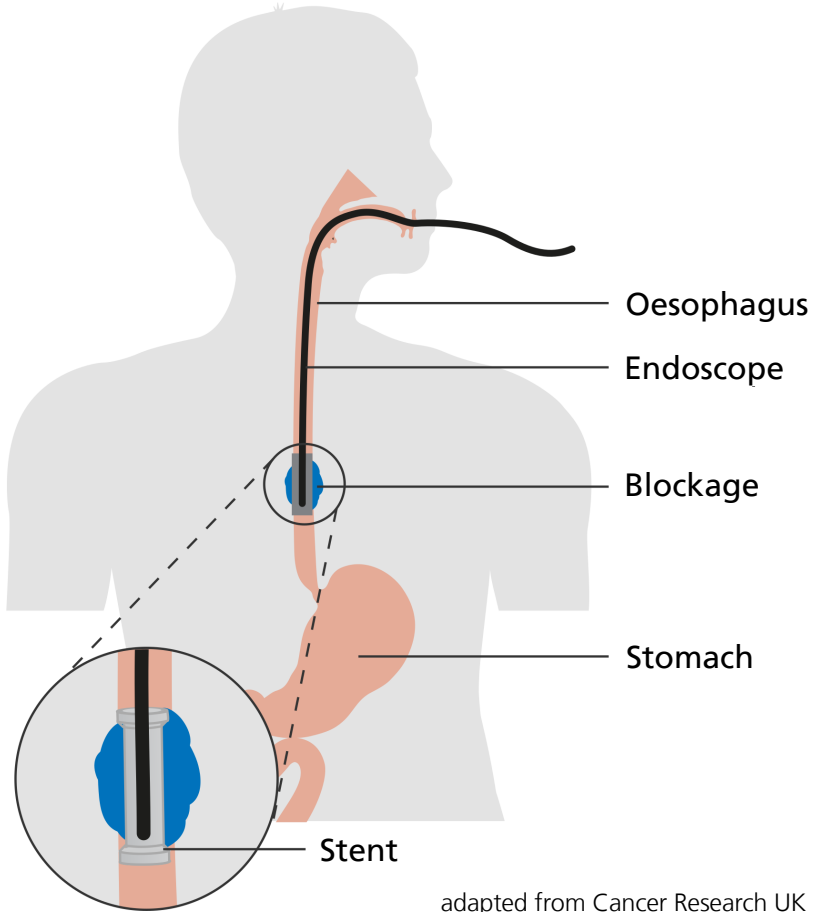
Eating when you have an Oesophageal Stent

Information for
patients



This booklet provides dietary advice for patients or carers of patients who have had an oesophageal stent placed.

An oesophageal stent is a specially designed metal or plastic tube that is placed within the narrowed area of your gullet or food pipe, to open it and allow food and drinks to pass into the stomach.



adapted from Cancer Research UK

How soon can I eat or drink?

Most patients are able to drink within a few hours after having the stent placed. It is recommended that you only have drinks for the first 24 hours after having your stent placed, as it can take up to 48 hours for the stent to expand.

Over the next few days you should try to gradually increase the texture of your food to a soft, moist diet.

What should I eat with an oesophageal stent?

You should eat soft, moist and easy to chew foods as these will pass through your stent more easily.

Try to eat three meals, and two to three snacks each day.

It is important to eat a balanced diet of soft easy to chew foods from the different groups:

Bread, rice, potatoes, pasta and other starchy foods.

These foods provide us with energy and B vitamins. Try to include these at each meal.

Suitable Choices?	Avoid
<ul style="list-style-type: none">• Porridge, Weetabix® or breakfast cereals that soften with plenty of milk• Mashed potato/sweet potato• Jacket Potato (no skin) with plenty of butter or moist filling• Pasta, noodles or rice with plenty of smooth sauce• Polenta, couscous, quinoa• Yorkshire puddings softened with plenty of gravy• Pancakes• Soft hot buttered toast without crusts• Lightly toasted buttered bagel, crumpet, pikelet• Crackers, crisp-breads, breadsticks chewed well - eaten with cream cheese, houmous, creamy dip• Bite and dissolve crisps e.g. corn puffs, Quavers®, Skips®• Plain cake softened with custard	<ul style="list-style-type: none">• Granola, muesli, All Bran®• Potato skins, hard or oven chips• Deep pan pizza and pizza crusts• Popcorn• Potato crisps <p>Some people find bread difficult to manage initially, this is because it can absorb fluids, swell and may feel like it is sticking.</p>

Meat, fish, eggs, beans and alternatives

These foods are a good source of protein which helps with the healing process. Try to include at least three times per day.

Suitable Choices?	Avoid
<ul style="list-style-type: none">• Minced chicken, beef, pork, lamb, turkey and soya/vegetarian products and served with gravy or smooth sauce• Slow cooked stew or casserole. Ensure meat is very tender• Corned beef• Meat loaf, meat balls, burger patty or skinless sausages served with a smooth sauce or gravy• Potted meat or meat paste• Deli soft sliced meats (e.g. wafer thin ham, chicken, turkey)• Pate• Soft cooked beans or lentils• Dips such as houmous, guacamole, tzatziki or taramasalata• Smooth nut butters• Eggs can be eaten if soft boiled, poached, fried, scrambled or in omelette• Fresh or tinned fish without bones	<ul style="list-style-type: none">• Roast meats, steak, chops or tough cuts• Dried or cured meat• Crusty pastry• Nuts and seeds• Hard boiled eggs

Milk and Dairy foods

These foods provide an important source of protein and calcium to help keep your bones strong. Try to have three servings per day. Choose full fat options where possible.

Suitable Choices?

- Milk and milk puddings
 - To improve the nutritional content, add 4 tablespoons of skimmed milk powder to 1 pint of full fat milk
- Fortified dairy free milk alternatives
- Melted or grated cheese
- Cottage cheese
- Yogurts or fromage frais
- Evaporated milk
- Ice cream
- Custard or egg custard (no pastry)
- Rice pudding, tapioca, sago, semolina

Avoid

- Options that may be difficult to swallow, cause discomfort, or contain any hard lumps

Fruit and vegetables

These foods provide essential vitamins, minerals and fibre. Aim to have five portions per day. Ensure firm varieties of fruits and vegetables are well cooked or stewed and serve with sauce, cream or custard to add extra nutrition.

Suitable Choices?	Avoid
<ul style="list-style-type: none">• Banana, mango, melon, berries or plums• Stewed apple, pears, apricot• Tinned peaches, pears, mandarins• Fruit juices (100ml portion to be sipped slowly)• Well-cooked, mashed carrots, parsnips, butternut squash, pumpkin, or turnip/swede• Chopped, tinned tomatoes• Cooked spinach, courgettes or aubergines (ensure skin is soft/ removed)• Avocado• Well-cooked cauliflower, broccoli with stalks cut short• Mushy peas, baked beans or soft pulses	<ul style="list-style-type: none">• Pith e.g. oranges and grapefruit• Skins e.g. grapes• Stalks• Pips and seeds• Stringy vegetables e.g. celery, green beans or asparagus• Sweet corn, peas or mushrooms• Raw vegetables such as onion, peppers, carrots• Dried fruit• Fruits such as raw apple or pineapple

To make vegetables soft they need to be well cooked. This means a lot of the nutrients are lost in the cooking water. Use the cooking water to make gravy, stocks or sauces. You may wish to discuss with your dietitian about taking a multi-vitamin.

Fortifying your food

Patients who have had a stent placed have often experienced weight loss and a reduction in their appetite. It is important to try and make your diet as nutritious as possible. The following may help:

- Add 2 - 4 tablespoons of dried skimmed milk powder to 1 pint of full-cream milk. Use this in place of ordinary milk to make up hot drinks, packet or condensed soups, sauces, desserts and with breakfast cereals
- Add grated cheese, cream, butter, margarine, salad cream or mayonnaise to well cooked potatoes, vegetables and other soft moist foods
- Add cream, custard, condensed milk, ice cream, jam, honey or syrup to puddings
- Choose full fat yoghurts or higher protein options such as Skyr
- Add smooth nut butters or smashed avocado to toast, melba toast or melt style crackers

Nourishing drinks

Nourishing drinks are a useful way of getting extra calories in your diet. Try to include them between your meals and make them up using fortified milk:

- Drinking chocolate
- Malted drinks e.g. Horlicks®, Ovaltine®
- Milkshakes or smoothies
- Milky coffee

- Complan® or Build Up® can be bought from supermarkets or chemists
- Prescribed nutritional supplements as recommended by your Dietitian or GP

Drinking

You should always try to have a drink after eating food. This will help wash away food from around your stent and prevent it from blocking.

Any drinks can be included to help keep your stent clean. If you struggle with reflux, avoid fizzy drinks as these may make your symptoms worse.

What can I do to prevent my stent blocking?

- It is helpful to sit upright whilst eating and for up to 2 hours after
- Take small mouthfuls and ensure all foods are chewed well, trying not to rush eating. Eating in a calm, relaxed environment will help this
- Sips of fluid with a meal may help to prevent the stent from blocking
- Make sure dentures fit comfortably and are in good order. This will help to ensure food is chewed well, which will help to prevent your stent from blocking

Signs that your stent could be blocked are:

- Difficulty swallowing
- Nausea and vomiting

If you feel food is sticking in your stent, stop eating. Take a small amount of fluid to try and wash away the food. If you can, take a gentle walk around the room to try and dislodge the food. Warm drinks may also help dislodge food.

If a blockage persists for over 3 hours we would advise you to contact the upper GI specialist nurses during the working week or attend A&E (Accident and Emergency) outside office hours (see back page for contact numbers).

Meal ideas

Breakfast

- Soft easy to chew breakfast cereal with plenty of fortified milk
- Scrambled egg on soft easy to chew toast
- Croissant with butter or margarine and jam
- Porridge with chopped banana

Lunch

- Jacket potato (skin removed) with baked beans and / or grated cheese
- Soup e.g. cream of tomato or blended vegetable and lentil soup, with a soft easy to chew buttered roll
- Omelette with mushrooms
- Macaroni cheese
- Egg mayonaise sandwich (soft easy to chew bread)

Evening meal

- Shepherd's pie or cottage pie
- Soft easy to chew pasta with tuna in tomato sauce
- Lamb casserole with mashed potato
- Well-cooked vegetable curry with rice
- Fish with parsley sauce, mashed potato and well-cooked vegetables
- Spaghetti bolognaise

Desserts

- Stewed, peeled apple with ice cream
- Mousse, blancmange, instant whips
- Sponge with custard
- Rice pudding
- Trifle
- Jelly with ice cream
- Thick and creamy yogurt
- Crème caramel
- Mashed banana with custard

Snacks

- Biscuits soaked in milk, coffee or tea
- Scotch pancakes with ice cream
- Grated cheese sandwich (soft easy to chew bread)
- Tinned fruit e.g. peaches with cream
- Slice of cake e.g. Victoria sponge or Swiss roll
- Chocolate muffin

If you have any suggestions or comments or queries regarding this leaflet please let your dietitian know.

Dietitian	<input type="text"/>
Contact Number	<input type="text"/>

The information contained within this leaflet is intended for your specific needs and should not be passed on to anyone else.

Useful websites and reading

1. Upper GI specialist nurses
Tel: **0113 206 8457**
2. Oesophageal Patients Association
Tel: **0121 704 9860**
Website: **www.opa.org.uk**
3. Macmillan Cancer Support
Tel: **0808 808 0000**
Website: **www.macmillan.org.uk**



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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Developed by: The Department of Nutrition and Dietetics
Produced by: Medical Illustration Services • MID code: 20220701_009/RC

LN002024
Publication date
05/2023
Review date
05/2026