



The Dudley Group
NHS Foundation Trust

Oesophageal stent diet

Nutrition and Dietetics

Patient Information Leaflet

Introduction

This leaflet is for people who have had an oesophageal stent fitted. It gives information on what the stent does, and what you can eat and drink with a stent.

Please discuss this information leaflet with your medical team, nurse specialist or dietitian to help you understand the diet, and so that you can ask any questions you may have.

What are oesophageal stents?

Your consultant has advised you to have a flexible tube inserted into your oesophagus (throat) to help with your swallowing (see figure 1a and 1b). This is called an oesophageal stent.

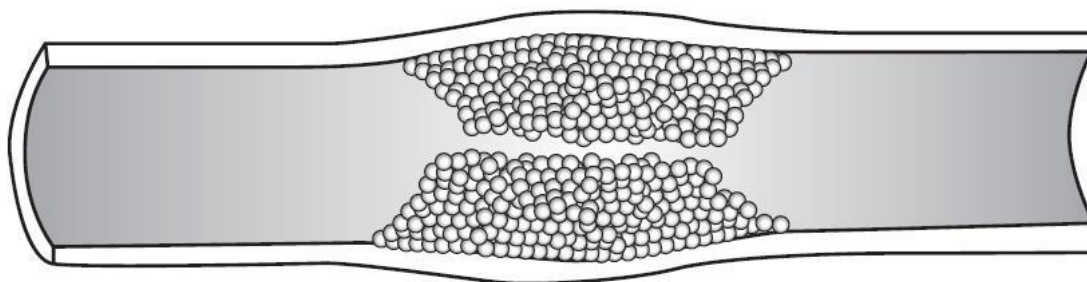


Figure 1a shows a narrowing (stricture) in the oesophagus.

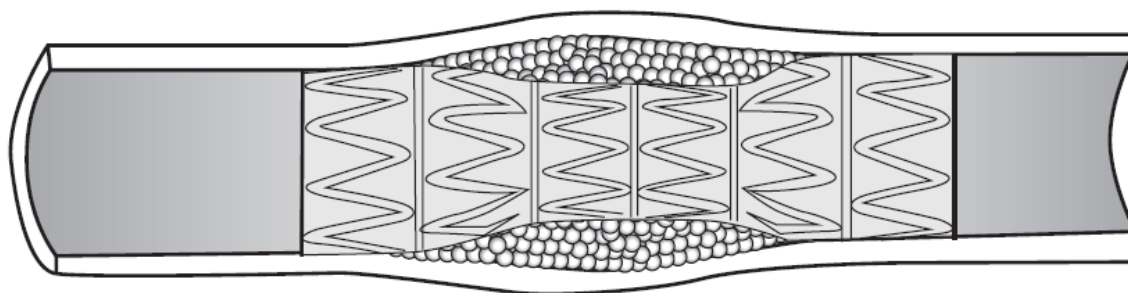


Figure 1b shows a stent in place.

Why do I need a stent?

You have been diagnosed with a narrowing or blockage (stricture) of the oesophagus. This may have been caused by cancer of the oesophagus or stomach, a benign oesophageal stricture, or it may be a side effect of radiotherapy or surgery.

The stent is used to widen your oesophagus to allow food and drink to pass through to your stomach more easily.

As with any medical procedure, there are risks and the doctor who is carrying out the procedure will discuss these with you.

How can I eat and drink with a stent?

Once the stent has been inserted, it will expand, allowing food to pass down your oesophagus. The type of food you eat may have to change, as large lumps and hard, stringy food may block your stent. You will need to choose softer foods to avoid blockages.

Tips for eating and drinking

- Eat sitting upright to aid digestion, and try to keep upright for at least half an hour after eating.
- Eat slowly and chew your food well.
- If you wear dentures, make sure they fit properly.
- Start with small amounts of soft, mashed food, and build up to normal texture, softer foods.
- Drinks may help keep the stent clear, but if you find you get full easily and eat less of your meals, you may find that taking smaller sips helps.
- Spit out any foods you are unable to chew to avoid blocking up the stent.

What happens if I have difficulty swallowing?

If you cannot swallow foods or fluids, your stent may be blocked. Try a fizzy or warm drink and walk around. If this does not work, or you are not able to swallow after a couple of hours, contact the endoscopy department who fitted your stent or your clinical nurse specialist. If the department is closed, contact your GP or NHS 111 who will advise you.

If you have any further questions about your stent, please contact your clinical nurse specialist.

Useful contact details

What food should I avoid after my stent insertion?

Food group	Food to avoid	Suitable alternatives
Fruit	Pineapple. Fruit skins and the pith of grapefruit, orange and similar fruits.	Soft, peeled fruits. Stewed/tinned fruits. Fruit juice.
Vegetables	Green salads, raw vegetables and raw onion. Stringy vegetables like green beans, celery, leeks, okra and karela.	Soft, well cooked vegetables. Mash or puree if required.
Eggs	Fried egg whites and hard boiled eggs.	Poached, scrambled, soft boiled, soufflé, omelette.
Meat	Tough meat and gristle. Large chunks of meat. Dry meat.	Soft, tender meat. Stewed meat. Meat with sauce. Minced meat. Dahl and lentils cooked until soft.
Fish	Fish with bones.	Boneless fish. Poached, steamed and boil-in-the-bag fish.
Breads and cereals	White bread and toast. Chapatti.	Thinly sliced brown bread.
Potatoes and starchy carbohydrates	Chips. Crisps. Yams. Plantain. Green bananas.	Mashed potato and jacket potato without the skin. Soft cooked pasta and rice. Tinned spaghetti.
Desserts	Dry cakes and biscuits. Popcorn.	Jelly. Ice cream. Cake and custard.

What should I do if I am losing weight?

You may find that you are losing weight if you are not eating enough energy from your food (called calories). It can be difficult to get the calories from your diet if you have a small appetite or are not feeling hungry. Below are some hints and tips to make sure you get enough energy from your diet when you have a small appetite.

- Eat little and often; aim for three small meals and two snacks between your meals each day.
- Use full fat products and avoid low fat or low sugar products unless otherwise advised.
- Try adding grated cheese or cream to soups and sauces.
- Add extra butter, margarine or oil to potatoes, pasta, freshly cooked rice and vegetables.
- Use fortified milk: add four heaped tablespoons of milk powder (e.g. Marvel or supermarket's own brand) to one pint of whole milk. Use this milk in tea, coffee, milky drinks, milky puddings, cereal, soups and sauces. Keep this in the fridge and discard after 24 hours.

Nutritional supplements may be available to you on prescription. The supplements come in different varieties, including puddings and drinks, and help to provide extra calories and protein when you are not eating or drinking well. A homemade milkshake recipe has been included at the back of this booklet.

If you are concerned about weight loss, contact your GP or clinical nurse specialist for support. They may refer you to a dietitian for further advice and support.

Food fortification ideas

Food item	What can I add it to?
Full fat milk	Tea/coffee, hot chocolate, breakfast cereals, mashed potato, custard, fruit smoothies and milkshakes. Use in jelly instead of water.
Milk powder	Tea/coffee, hot chocolate, soups, breakfast cereals and ready-made custard. Fortified milk: four tablespoons of milk powder in one pint full fat milk, to use in tea and coffee.
Butter, margarine or ghee	Bread/toast, boiled potatoes, mashed potatoes, omelette, curry and vegetables like peas, sweetcorn and carrots.
Cream	Coffee, hot chocolate, desserts, custard, mashed potatoes, milkshakes, sauces, cakes and pastries. Coconut cream in curries.
Cheese	Cottage/shepherd's pie, mashed potatoes, sauces, on toast, omelette, pasta dishes, sandwiches and cauliflower.
Honey	Root vegetables, breakfast cereals, herbal tea and cakes.
Sugar	Tea/coffee, hot chocolate, breakfast cereals, desserts and cakes.
Ice cream	Desserts, fruit smoothies, fizzy drinks such as cola and cakes.
Jam	Rice pudding, bread/toast and cakes.
Nuts	Breakfast cereals, cakes and ice cream. Nut butters in milkshakes.

Homemade high calorie fortified milkshake recipe:

Ingredients	Makes two milkshakes (approx. 150ml each)
Double cream	60ml (four tablespoons)
Whole milk	180ml (six tablespoons)
Vanilla ice cream	Two small scoops
Skimmed milk powder	48g (six level tablespoons)
Estimated calories per milkshake	395 kcals
Estimated protein per milkshake	14g

Whisk/blend all of the ingredients together.

You can flavour the milkshakes with blended fresh fruit such as banana or strawberries, a milkshake powder such as Nesquik or Ovaltine, or Nutella or nut butters, for example, peanut butter or cashew butter.

You can store this milkshake in the fridge for a maximum of 24 hours.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

Dietitians at Russells Hall Hospital on 01384 244017
(8.30am to 4.30pm, Monday to Friday)

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/services-and-wards/dietetics>

If you have any feedback on this patient information leaflet, please email dgft.patient.information@nhs.net

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm să sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔