



# Oesophageal stent – dietary advice

## A patient’s guide

### What is an oesophageal stent?

The oesophagus is a muscular tube which connects your mouth to your stomach. If this becomes blocked by a tumour or narrowing (stricture) an oesophageal stent can be placed.

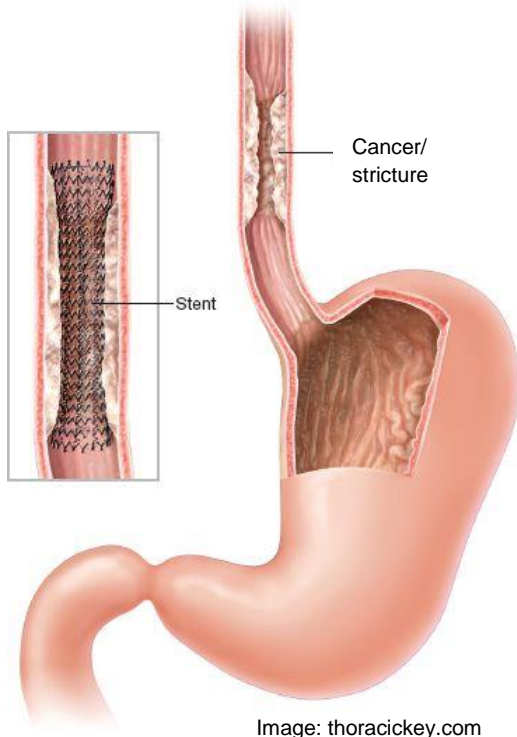


Image: thoracickey.com

An oesophageal stent is a flexible mesh tube that is inserted down the oesophagus, placed through the constricted area where it opens up, allowing fluids and food to pass into your stomach for digestion and absorption of nutrients. This procedure is usually done in endoscopy.

### When can I eat?

Once the stent has been placed your medical team will advise when it is safe to start eating and drinking.

### What can I eat?

When you can manage fluids you can slowly start to build up to soft and moist diet.

Fluids only, this can include: water, tea, coffee, fruit juices, milk, soft drinks or sports drinks. *Start with small sips and increase the volume as you feel confident*

	<b>Foods allowed</b>	<b>Foods to avoid</b>
<b>Cereals, carbohydrates and potatoes</b>	<ul style="list-style-type: none"> <li>- Porridge/oat based cereals</li> <li>- Soft cereals with plenty of milk</li> <li>- Mashed potato</li> <li>- Baked potato without skin</li> <li>- Cooked rice</li> <li>- Pasta with sauce and tinned pasta</li> </ul>	<ul style="list-style-type: none"> <li>- Cereals with dried fruit or nuts</li> <li>- Bread</li> <li>- Chips</li> <li>- Roast potatoes</li> <li>- Baked potato with skin</li> </ul>
<b>Fish</b>	<ul style="list-style-type: none"> <li>- Poached/steamed fish</li> <li>- Flaked fish in sauce</li> </ul>	<ul style="list-style-type: none"> <li>- Battered/dry fish</li> <li>- Fish with bones</li> <li>- Fish skin</li> </ul>
<b>Meat and poultry</b>	<ul style="list-style-type: none"> <li>- Minced meat/poultry</li> <li>- Tender meat in sauce</li> </ul>	<ul style="list-style-type: none"> <li>- Tough meat</li> <li>- Poultry skin</li> <li>- Meat/poultry bones</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>- Soft, well cooked vegetables</li> </ul>	<ul style="list-style-type: none"> <li>- Raw vegetables</li> <li>- Green salad</li> <li>- Stringy vegetables (e.g. celery)</li> <li>- Vegetables with tough or coarse skins (e.g. sweetcorn)</li> </ul>



<b>Fruit</b>	<ul style="list-style-type: none"> <li>- Soft, peeled fruit</li> <li>- Stewed/tinned fruit</li> <li>- Fruit juice (150ml/day maximum)</li> </ul>	<ul style="list-style-type: none"> <li>- Fruit skins, pips, pith</li> <li>- Raw/hard fruit</li> </ul>
<b>Cheese</b>	<ul style="list-style-type: none"> <li>- Grated cheese</li> <li>- Cream cheese</li> <li>- Cottage cheese</li> <li>- Cheese sauces</li> </ul>	<ul style="list-style-type: none"> <li>- Any cheese containing nuts or fruit</li> </ul>
<b>Eggs</b>	<ul style="list-style-type: none"> <li>- Scrambled, poached, soft boiled eggs</li> <li>- Soufflés</li> <li>- Omelettes</li> </ul>	<ul style="list-style-type: none"> <li>- Hard boiled eggs</li> <li>- Fried egg white</li> </ul>
<b>Snacks</b>	<ul style="list-style-type: none"> <li>- Biscuits dipped in tea</li> <li>- Crisps that melt in mouth (e.g Quavers, Skips)</li> </ul>	<ul style="list-style-type: none"> <li>- Hard biscuits with nuts or dried fruit</li> <li>- Hard crisps</li> <li>- Nuts</li> </ul>

*Aim to have a regular meal pattern and include foods from all food groups.*

## How to prevent the stent from blocking

- Have sips of fluid **during** and **after** meals (this will help to clear the stent).
- Add gravy, sauce and cream to your meals (this will add extra moisture and make it easier for food to pass through your stent)
- Try to eat little and often, aiming to eat five or six smaller meals rather than three big meals.
- Eat slowly.
- Take small mouthfuls and chew thoroughly.
- Sit upright during meal times and for at least 30 minutes after.
- If you are having difficulty swallowing pills speak to your doctor to see if any of these are available in liquid form or can be crushed.

## What to do if the stent blocks

If your stent gets blocked **do not panic**. The blockage will only affect the tube to the stomach and will not stop you being able to breathe.

- Stand up and sip water.
- Sip sipping a warm drink.
- Try small sips of a fizzy drink - the bubbles may dislodge the blockage.
- Walk around.

If the blockage does not clear contact your doctor.

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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