



# A guide to...

## Eating with an Oesophageal Stent

### *Patient Information*

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Language



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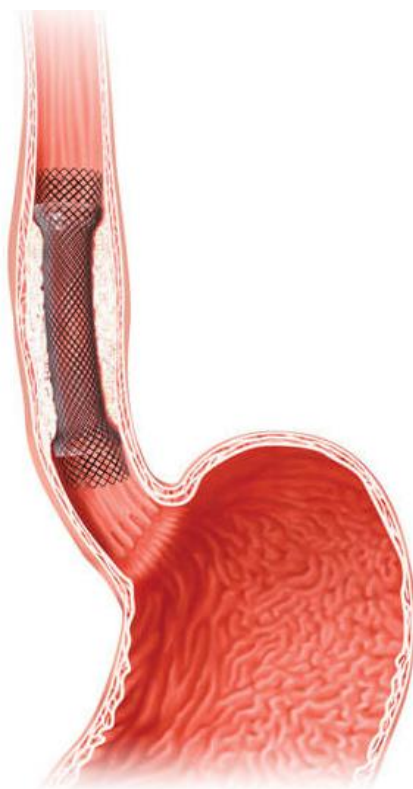
This leaflet provides dietary information and helpful tips for those individuals with an oesophageal stent.

### **What is an Oesophageal Stent?**

An oesophageal stent is a flexible mesh tube, approximately 2 cm (3/4 inch) wide, which is placed through the narrowing in your oesophagus (food pipe) to allow food to pass through to your stomach for digestion and absorption of nutrients.

The stent gently expands to hold the narrowed area open to allow food and drinks to pass easier.

Example of what your stent may look like:



### **What can you eat after an Oesophageal stent insertion?**

Once the stent has been placed, your medical team will advise you on when it is safe to start eating and drinking. You will start with fluids and then build up your diet gradually to a soft diet. It can take one to two days for the stent to fully expand.

The medical team or dietitian will advise you on how quickly to progress through the dietary steps:

# Step 1

- **Fluids only**- Water, squash, tea, coffee, fruit juices, milk and soup.
- Start with small sips and build up gradually as tolerated.
- Your Dietitian may provide you with nutritional supplement drinks such as Ensures as well.

# Step 2

- **Puree diet**- usually a food consistency that does not need to be chewed before swallowing.
- Examples: Porridge, yoghurt, shepherd's pie, flaked fish with a sauce, mash, ice cream and custard.

# Step 3

- **Soft Diet**- increase the texture to a soft consistency as you feel your swallow becomes more easier.
- Examples: Scrambled egg, steamed fish, mashed banana and custard, casserole, cake.

## How can I prevent the stent from blocking?

The stent has been placed to help you to eat as normally as possible. However, it is possible for the stent to become blocked. The most common reason for stents to block is from food that is swallowed without being sufficiently chewed or from foods that don't break down when chewed.

To minimise the risk of stent blocking, it is important to opt for the right foods. Therefore, it is advised to continue a soft diet following a stent insertion.

### Useful tips

- Take your time, relax, and eat your meals slowly.
- Sit upright at mealtimes and for half an hour afterwards.
- Meals should be small and frequent - aim for five or six meals a day, rather than three big meals.
- Cut your food into small pieces, take small mouthfuls, and chew each mouthful thoroughly. It is important that you do not swallow any hard lumps of food that may block the tube.
- Have plenty of sauces, gravy, custard, or cream with your meals. It will make your food moist and easier to swallow.
- Take sips of fluids during and after each meal, this will help keep your tube clear.
- If the blockage has not cleared in two hours contact your GP or specialist nurse.

Food Groups	Foods To Opt For	Foods To Avoid
<b>Breakfast Cereals</b>	Porridge, Rice Krispies, Weetabix, and Cornflakes with plenty of milk to soften.	Muesli or any cereal with dried fruit or nuts.
<b>Fish</b>	Soft poached, steamed, or flaked fish with sauce. Mashed, tinned fish with bones removed. Fish paste.	Battered or breaded fish. Hard smoked fish e.g., mackerel. Fish with bones. Calamari or seafood.
<b>Meat and Poultry and alternatives</b>	Tender casseroled or stewed meat. Minced meat and chopped up poultry with sauces and gravies. Quorn, tofu. Pate.	Large chunks of tough fibrous meats e.g., steak, bacon, fat & skins on meats. Sausages.
<b>Potatoes and Starchy Foods</b>	Mashed potatoes or sweet potatoes. Jacket potatoes without the skins. Well cooked, soft rice and pasta.	Chips. Roasted/boiled potatoes. Bread and toast. Hard pastry. Crackers, oat cakes, bread sticks.
<b>Vegetables</b>	Soft well cooked vegetables. Passata, smooth vegetable soups.	Salad or raw, hard, stringy vegetables e.g., celery, lettuce. Cucumber skins, peas, sweetcorn, and green beans.
<b>Fruit</b>	Soft or peeled fruit. Tinned or stewed fruit, fruit juice.	Fruit skins and pips. Dried fruit. Pithy fruit e.g. orange, grapefruit and pineapple.
<b>Cheese</b>	Grated cheese. Cottage cheese. Cream cheese.	Lumps of hard cheese any variety that contains nuts or fruit.
<b>Eggs</b>	Omelette, poached, scrambled, mashed. Egg mayonnaise.	Hard boiled or fried egg white.
<b>Snacks and Puddings</b>	Biscuits 'dunked' in tea or coffee. Soft sponge cakes - plain or iced. Yogurts, custard, rice pudding, mousse. Chocolate - avoid those containing nuts or dried fruit. Smoothies, milkshakes, hot chocolate, jelly, ice cream, sorbet, soft trifle. Boiled sweets - sucked not chewed or swallowed whole. Crisp which 'dissolve' in your mouth eg: Quavers, Skips, Wotsits, prawn crackers.	Popcorn. Other crisps not mentioned opposite. Rice cakes. Nuts. Hard biscuits. Cereal bars.

## **Suggested Meal Ideas**

### **Breakfast**

- Porridge, Weetabix, cornflakes or Rice Krispies with plenty of milk
- Scrambled eggs
- Stewed fruit with yoghurt

### **Lunch**

- Omelette.
- Jacket potato without the skin with cheese, tuna mayo, hummus, egg mayonnaise, mashed baked beans
- Blended creamy soup
- Tinned ravioli, spaghetti, spaghetti hoops

### **Dinner**

- Mashed potatoes with minced or finely chopped meats, gravy and well cooked vegetables.
- Spaghetti Bolognese or Lasagne
- Macaroni or cauliflower cheese
- Stew or casserole
- Creamy well-cooked risotto
- Fish without bones in sauce with mashed potatoes and soft vegetables.
- Shepherd / cottage pie / fish pie
- Pasta with pesto
- Chilli con carne, curry or dahl with well cooked rice

### **Puddings**

- Rice pudding, ice cream, tinned fruit, sponge puddings with cream and custard.

### **Snacks**

- Yoghurt, soft fruit, biscuits 'dunked in tea'.

### **If you have lost weight or have a poor appetite**

1. Aim for five to six small meals and snacks per day rather than three larger ones.
2. Choose full fat dairy products e.g. whole milk, full fat yoghurts instead of low fat products.
3. Aim for 1 pint of whole milk per day. Fortify milk by adding 2-4 tablespoons of milk powder to each pint. Use in place of your ordinary milk.
4. Fortify your meals by adding cream, margarine, butter to potatoes, soup, stews, and vegetables.
5. Add extra sugar, jam, honey or cream to cereals and puddings.
6. Try high energy soups and milkshakes such as Build Up or Complan. Ensure these are mixed thoroughly.
7. Remember to weigh yourself weekly and keep a note to monitor your weight. If you are unable to maintain your weight, then please see your doctor.

## Potential problems associated with your stent

### Acid reflux

This may be a problem if your stent needs to be placed across the opening between the oesophagus and stomach. An antacid medication may be helpful, please consult your doctor. Try not to sleep flat, prop yourself with pillows or a blanket, or raise the head of your bed.

### Pain

As the stent expands it can cause some pain and discomfort in the chest area, which normally improve after 72 hours. However, if the pain persists, please contact your doctor or specialist nurse.

### Swallowing problems

If your ability to swallow does not improve despite following the advice in this booklet, it may be because the stent is not in the correct position or has moved. Please contact your doctor or specialist nurse.

### Constipation

If you find yourself becoming constipated by a change in diet, try some of the following tips to help your bowels open regularly.

- Aim for five portions of fruit and vegetables per day - these should be soft well cooked vegetables and tinned, stewed, peeled, mashed or juiced fruits.
- Aim for at least 8-10 cups of fluid per day.
- Opt for higher fibre milky cereals e.g. Porridge, Weetabix.

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