



Department of Nutrition and Dietetics

Dietary Advice Following an Oesophageal Stent

Post stent insertion you may feel some discomfort as your stent expands, usually for a couple of days. The medical team will discharge you with the appropriate painkillers as necessary. There may have been a small amount of blood loss which will give you a metallic taste in your mouth.

You will not be able to eat or drink for 2-4 hours post insertion. You can then commence sips of fluid and gradually progress onto pureed, then soft moist foods, as tolerated.

The following advice might also be helpful:

- Always sit **upright** when eating and drinking.
- **Chew your food well** and take sips of fluids e.g. milk, fizzy or warm drinks whilst eating to aid swallowing.
- Add **extra sauces** e.g. gravy or custard to make your food more moist.
- If you feel your **stent block** whilst eating; don't panic, drink a warm or fizzy drink to try and clear the blockage. Stop eating. Try walking around and remain upright. If you are unable to clear the blockage after 3 hours, call your Upper GI Specialist Nurse (office hours), NHS 111 (out of hours) or visit your nearest A&E.
- Try having **3 small meals and 3 snacks** a day as you are unlikely to be able to manage larger portions at mealtimes. A nutritional supplement drink such as Aymes or Fortisip would count as a "snack".
- Drink during and after meals, to **clear the stent** of any food particles.
- Ensure you take **all medications as advised**. Having a stent in place allows acid from the stomach to reflux up the stent, so you will be prescribed anti-acid medication to control heartburn. If you are unsure about any of your medications, please discuss with the hospital team before discharge or with your specialist nurses, GP or pharmacist.

- Many medications are available in a liquid or dissolvable form. It is a good idea once home and settled to have a **medications review with your GP or pharmacist**. This will make sure you are not taking any unnecessary medications and that you are able to manage those you are taking.
- Sleep with an **extra pillow** to raise your upper body and sit upright for half an hour after meals. Raising the head end of the bed by 4-6 inches can help by continuing to keep your head higher than your feet, even if you slip off the pillows during the night.
- Make sure **your teeth are in good order**. If you have dentures make sure they fit correctly and see a dentist if needed.

Advice if you have a small appetite or are losing weight:

- Choose full fat yogurts and puddings, ideally over 200kcal per serving. Aim to have at least one pudding a day.
- Milk can also be fortified by mixing 3-4 tablespoons of **skimmed milk powder** into 1 pint of full cream milk (blue top). This can then be used as normal milk e.g. in drinks, added to cereals or used in desserts etc.
- Try to have at least one milky drink a day such as a hot chocolate, latte or malted drink (e.g. Horlicks/Ovaltine or supermarket equivalents).
- Use full fat milk (blue top) even if you are unable to fortify it.
- After having a stent placed, you should speak with a dietitian who will give advice regarding nutritional supplement drinks. These might be advised if you have a low weight, very poor appetite or have been losing weight. There are a wide variety of brands/flavours/volumes available.
- Have a glass of fruit juice a day and drink squash which contains sugar. If you have diabetes, please raise this with the dietitian.
- Add sugar to cereal.
- Add grated cheese, cream or butter to mashed potato and sauces.

Foods to Avoid	Good Alternatives
<i>Generally hard or stringy foods are more likely to catch, as well as soft bread or cake. It is best to avoid swallowing any large mouthfuls and to chew your food well.</i>	
Fresh/soft white bread Bread with grains	Day old/dryer bread. Gluten-free bread. It is important to take care with bread and remember to eat smaller mouthfuls and drink between mouthfuls
Hot buttered toast	Dry toast/cold toast with spread
Hard-boiled egg Fried egg (crispy egg white)	Hard-boiled egg finely mashed with mayonnaise or salad cream Soft boiled/poached/scrambled eggs (all mashable with a fork)
Fibrous cereals e.g. shredded wheat, muesli	Rice Krispies, Cornflakes, Weetabix, Ready Brek/porridge
Tough gristly meat	Tender meat that is finely chopped. As with bread, care needs to be taken with meat. Eat smaller mouthfuls than usual and drink between mouthfuls. Stewed meat/mince with gravy/sauce
Fish bones/skin/battered/breaded fish	Flaky fish in sauce
Raw vegetables and salad	Cook all vegetables until soft
Tomato skins and seeds	Peel tomatoes or use tinned
Hard chips/roast potatoes	Baked potato - no skin/mashed or boiled potatoes. Crisps that dissolve and melt in the mouth
Chunks of hard cheese e.g. Cheddar	Grate hard cheese or use soft/spreadable cheese
Dried fruit	Soft, fresh fruit Tinned or stewed fruit

Suggested Meal Plan

Breakfast

Porridge, Ready Brek, Weetabix or Rice Krispies with fortified milk (see above) and sugar.
Soft fruit e.g. banana, stewed apple, ripe pear or melon.
Omelette, scrambled or poached egg
Skinless sausage
Thick and creamy yogurt
Glass of fruit juice

Mid-morning

A milky coffee with soft cake and cream

Main meal (can be lunchtime or evening)

Tender meat or meat substitute in gravy e.g. shepherd's pie, corned beef hash, chicken stew
Fish in sauce e.g. parsley or butter
Fisherman's pie
Pasta dishes such as lasagne or spaghetti bolognaise
Tender meat or vegetable curry with rice
Mashed potato with added butter, cream or cheese
Soft, well-cooked vegetables e.g. carrots, cauliflower, swede

Mid-afternoon

A yoghurt, chocolate mousse or other cold soft pudding
Biscuits dipped in tea
Banana and custard

Smaller meal (can be lunchtime or evening)

Jacket potato (no skin) with butter and soft filling e.g. tuna or salmon with mayonnaise, tinned spaghetti, grated cheese, cream cheese, houmous
Soup, with added cream or olive oil. Cheese, skimmed milk powder, lentils or tender meat can be added for extra protein.

Supper

A hot chocolate or malted milk drink (Horlicks or supermarket equivalent)
Soup (as above)
See desserts list
Bowl of cereal

Desserts (ideally more than 200kcal per serving)

Milk pudding e.g. rice pudding

Sponge pudding and custard, cream or ice cream

Thick and creamy yogurt

Trifle, Angel Delight, mousse

Have a look down the cold puddings section in the supermarket for further ideas

Jelly containing sugar

Contact Numbers:

We hope that you have found this information useful. If you have any questions or are worried about anything, please speak to the following Dorset County Hospital Staff:

Nurse Specialist: 01305 255710

Dietitian: 01305 254415

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email pals@dchft.nhs.uk



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