

# Dietary advice for patients with an Oesophageal Stent

This leaflet is designed to be given in conjunction with advice from a Dietitian.

Your Dietitian: .....

Contact number: .....



**Nutrition & Dietetics**



Now that you have an oesophageal stent, you will still be able to eat many of the foods which you enjoy, although the texture will need to be modified to help swallowing.

## **How to introduce food gradually until you are able to take more solid food orally**

### **Day of stent insertion – Liquid diet**

Usually four hours after your stent insertion, you will be offered sips of fluids. If these are tolerated well, continue with liquid diet for the rest of the day. For example, squash, fizzy drinks, glass of milk, hot chocolate, coffee/tea, ice cream, soups without lumps, meat or vegetable extract (Bovril, Marmite, Oxo) without lumps.

### **Day 2 and 3 – Pureed diet**

Smooth consistencies without lumps.

For example, porridge, cereals with plenty of milk to soften, smooth puddings, yoghurts, ice cream, soups, mashed potato, mashed vegetables (see table below), scrambled eggs, blended meat, fish, chicken.

Add extra gravy or sauce to blended foods.

### **Day 4 – Soft/easy to chew diet**

Soft textures which need little chewing and can be broken up or mashed with fork. For example, minced meat, mashed fish, bite-sized chicken, mashed potato, vegetables, omelette/scrambled eggs, casserole/stew, cottage/shepherd's pie, cheese macaroni, spaghetti Bolognese, milky puddings and drinks, soft sponge and cakes.

Add extra gravy or sauce to foods to make swallowing easier.

### **Day 5 onwards**

Gradually increase the texture and discover the types and textures of food you can manage best. Foods should be moist with lots of added gravy/sauces or cream. If you have difficulty with swallowing, go down to the texture you tolerated better.

## Foods to have and foods to avoid

Food group	Foods to avoid	Suitable foods	Tips
<b>Bread, cereals</b>	All types of bread	Rice krispies, porridge, cornflakes with plenty of milk to soften	
<b>Potato and other starchy</b>	Chips, crisps, roast potatoes, crackers	Mashed Jacket potato without skin. Well cooked pasta and rice	Try tinned pasta Add extra pasta sauce. Add butter or milk, or cream, or grated cheese on potato
<b>Meat, chicken, legumes</b>	Tough fibrous, lumpy, chewy, gristle meat Chicken skins, steak Donner	Tender, soft, stewed meat. Minced or Liquidized Tender mashed beans or lentils, hummus	Try corned beef, pate, Dahl. Add extra gravy/sauce
<b>Fish</b>	Fish with bones Fish with skins. Battered/Dry fish or in breadcrumbs	Poached, steamed or baked, tinned tuna, salmon	Add extra gravy/sauce or butter
<b>Eggs</b>	Fried white eggs or hard boiled eggs (unless well mashed)	Scrambled, poached, boiled and mashed, omelette, souffle	Add mayonnaise or salad cream
<b>Dairy</b>	Chunks of cheese, cheese with nuts and hard fruit or sticky cheese. Yoghurt with added muesli or chunky texture	Grated, cream, cottage cheese. Thick and creamy yoghurt, custard	Add grated or cream cheese to soups, mashed potato or vegetables for extra protein and calories

## Foods to have and foods to avoid - *Continue*

Food group	Foods to avoid	Suitable foods	Tips
<b>Fruits and vegetables</b>	Skins and seeds Dried fruits Strawberries, raspberries, grapefruit, orange, tangerine, pineapple, raw apple, salads, raw or stringy vegetables (e.g. green beans, celery, onions) sweetcorn	Ripe bananas, melons, pears, stewed, tinned, puree fruits, fruit juice, peach, nectarines without skins.  Well cooked vegetables (e.g. carrots, sweet potato, courgettes, mushy peas, broccoli/cauliflower	
<b>Other</b>	Nuts and seeds. Dry cakes Popcorn, Chunky peanut butter. Biscuits or Biscuits, chocolates, cakes with nuts/dried fruits. Chinese takeaway	Smooth peanut butter Smooth/seedless marmalade, Jelly, ice cream, digestive biscuits dipped in a hot drink, soft cakes taken with a hot drink	

## General recommendations for eating with a stent

- Eat slowly and take your time.
- Cut food into small pieces and take small mouthfuls.
- Chew food well. This reduces bulk and prevent blockages of the stent.
- Take drinks during and after a meal to make food easier to swallow and to help prevent blockage of the stent. Fizzy drinks may be especially useful.
- Sit upright whilst eating and for half an hour afterwards. This will help prevent acid refluxing back from the stomach into the oesophagus (gullet) which can cause heart burn.

- Have small and frequent meals or snacks (5-6) throughout the day.
- Avoid eating up to an hour before going to bed.
- It is important to eat variety of foods each day.

### **What if I am losing weight?**

- Weight gain is all about having extra calories.
- Do not worry about the quality of your diet, the aim is to start eating a little more.
- Use full fat dairy products.
- Add extra milk, or grated cheese, double cream, butter, oil, salad cream, mayonnaise to your meals.
- Add extra sugar or honey or marmalade.
- Eat the protein (meat/fish/chicken/egg) and carbohydrate (potato/pasta/rice) part of the meal first.
- Include a high calorie pudding after main meals, such as fruit crumble, custard, milk pudding or thick and creamy yoghurt.
- Choose favourite and preferred foods.
- Or Contact your GP for a referral to the Dietitians.

### **Nutritional supplements**

Supplements may be recommended. Over the counter such as Complan are available from a chemist or supermarket. It may also be possible to obtain certain supplements on prescription. The dietitian will advise you if appropriate.

### **Meal ideas**

#### **Breakfast, light meals, snacks and puddings**

- Porridge or Ready Brek made with full fat milk
- Eggs - poached, scrambled, fried or as an omelette. Egg quiche (avoid ones with lumps).
- Tinned spaghetti, macaroni cheese or other similar pasta dishes. Pasta can also be served cold as pasta salad. Mix with mayonnaise, natural yoghurt or crème fresh.
- Noodles. Serve with butter or a creamy sauce.

- Soup - use condensed or cream soups such as cream of chicken, condensed tomato or pureed lentil.
- Tinned mashed fish such as mackerel in tomato sauce.
- Fish cakes (mashed), served with a sauce.
- Cheese and potato pie.
- Corned beef hash.
- Jacket potato without the skin. Served mashed with butter/margarine and with grated or cream cheese, tuna mayonnaise.

## Puddings

- Milk puddings such as semolina. Serve with seedless jam, syrup or lemon curd.
- Egg custard.
- Lump free trifle or jelly made with milk and served with cream. Mousse, crème caramel or instant whips (e.g. Angel Delight). Serve with cream.
- Yoghurt or fromage frais. Use thick and creamy, custard style or smooth set. Avoid ones containing lumps such as muesli.
- Sponge and custard/cream.
- Mashed /pureed fruit such as banana, apples, tinned peaches or pears.
- Serve with cream, yoghurt or custard/sauce, e.g. chocolate sauce.

## Main meal ideas

- **Minced meat, poultry and fish dishes. Serve with potatoes or alternatively make into meat or fish pie by spreading mashed potato over the top and baking in the oven:**
  - Minced lamb with minted gravy.
  - Minced skinless sausage meat in tomato sauce (sieve tomatoes).
  - Minced turkey or chicken in white sauce such as mushroom (sieve or liquidize sauce if it contains lumps).
  - Minced pork and gravy with apple puree.
  - Flaked cod, salmon or tuna in white sauce (remove bones from cooked fish before mixing with sauce).

- Pureéd beans and lentil stew (sieve to remove skins).
- **Pasta dishes:**
  - Pasta with cream sauces.
  - Pasta with tomato sauces.
  - Spaghetti Bolognese.
  - Ravioli.
  - Lasagne.
  - Macaroni cheese.
  - Pasta bake with salmon, tuna, chopped ham or chicken in sauce.

Many of the dishes listed above are available as convenience foods, e.g. Shepherd's pie, macaroni cheese and tinned minced meat.

However, always check for lumps, bones and gristle and ensure they are thoroughly cooked.

### **What if my stent gets blocked?**

Signs of blocked stent are feeling of discomfort, difficulty swallowing and/or bringing food back.

Stop eating. Take small sips of fizzy drink.

Stand up and walk around.

If all the above does not help, contact your specialist nurse during office hours on **01302 644183** or present to the Accident & Emergency department out of hours.

### **The Department of Nutrition and Dietetics**

Doncaster Royal Infirmary and Bassetlaw Hospital.

Tel: 01302 642742.

### **Patient Advice & Liaison Service (PALS)**

The team are available to help with any concerns, complaints or questions you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

#### **The contact details are:**

**Telephone:** 01302 642764 or 0800 028 8059

**Email:** [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)