



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Dietary Advice Following Oesophageal Stent The Softer Option

Information for patients, relatives and carers

① For more information, please contact:

Department of Nutrition and Dietetics

Scarborough Hospital
Telephone: 01723 342415
Woodlands Drive, Scarborough, YO12 6QL

York Hospital
Telephone: 01904 725269
Wigginton Road, York, YO31 8HE

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Oesophageal stent and diet

This leaflet contains information to help you to choose food which you can enjoy safely and help to ensure a balanced diet after your oesophageal stent.

An oesophageal stent is a tube that is placed in your gullet (oesophagus) and positioned across the area that is narrowed. This allows you to swallow your food more easily.

After the stent is placed, for the first 24 hours you will usually be required to:

1. Remain nil by mouth for two hours post stent placement.
2. Consume water only for the next two hours.
3. Consume fluids for the following 20 hours.

However, you may be advised otherwise by your consultant. You will then follow a soft / moist diet. This type of diet will pass through the stent easily and reduce the risk of blockages.

Eating habits

- Eat slowly and take your time at meals.
- Cut your food up into small pieces and take small mouthfuls.
- Chew your food well.
- Sit upright at a table when eating and following meals.

Soft diet

- You will need to follow a soft / moist diet.
- **Continue this diet long term** (unless advised otherwise by your dietitian or doctor or if you have a temporary, removable stent).
- As a guide any foods that can easily be mashed with a fork should be suitable.
- Serve foods moist, e.g. add extra sauce, gravy, milk or milk alternatives.
- Avoid eating foods which are hard, dry, solid or have large lumps. These types of foods are more likely to cause a blockage in your stent.
- However, you may manage crunchy or crispy biscuits or crackers – ensure that you chew these well and wash down with a drink.
- A soft diet can be very filling. You may need to have more frequent, smaller meals plus snacks.
- Start with small servings. You can always have second helpings.
- Choose a wide variety of foods to ensure a balanced diet.
- Baby foods are not suitable for adults, as low in micronutrients.

Drinks

- Have a drink during and after meals. Any type of drink is suitable. This can help food to pass through the stent.
- Fizzy drinks and hot drinks may help to clean the stent after eating but fizzy drinks can also increase acid reflux.

Is your food sticking?

If your food is sticking on swallowing, try the following:

- Stop eating.
- If you can, stand up and walk around.
- Try a few sips of a drink.
- Warm water or a fizzy drink may be helpful.

If you cannot swallow liquids contact your doctor or clinical nurse specialist (CNS) for advice.

If you have on-going swallowing difficulties or your swallowing difficulties get worse, you should contact your doctor or clinical nurse specialist (CNS) for advice.

Getting the balance right

To ensure your diet is as nourishing as possible, have a variety of foods and include foods from each of the following groups every day.

Protein foods

- Meat and poultry – minced, tender stews and casseroles (avoid fibrous meats and skins).
- Corned beef, pate, meat paste.
- Fish – flaked with sauce, remove bones and skin.
- Fish paste and mousse.
- Eggs – soft scrambled, mashed hard boiled eggs with salad cream or mayonnaise, soufflé, omelette.
- Baked beans. Quorn or soya mince, Quorn chicken style pieces with a sauce or gravy. Softy cooked lentils. Soft or crumbled tofu.

Starchy foods

- Cereals, e.g. porridge, Ready Brek, Weetabix, Rice Krispies, softened in milk, or milk alternatives.
- Potatoes – (remove skins) mashed, jacket without skins.
- Pasta with sauce.
- Rice with sauce.
- Plain biscuits, crackerbread, crackers, breadsticks.
- Toast with spread.
If you feel bread is sticking, stop eating it immediately.

Fruit and vegetables

- Stewed fruit (avoid skins), soft tinned fruit, mashed fruit.
- Soft or cooked vegetables such as carrots, parsnips, swede, turnips, broccoli and cauliflower florets, tinned tomatoes, mushy peas, soft avocado.
- Avoid skins, pips, seeds and peel.

Dairy foods

- Milk, preferably full cream to improve nutritional value.
- Milk alternatives, soya milk is highest in protein.
- Milk puddings, e.g. rice, custard, mousse, whip, blancmange.
- Smooth yoghurt, fromage frais, dips, evaporated milk, cream, ice cream.
- Soft cheese, e.g. cream cheese, grated cheese in cooking, cheese spread.

Miscellaneous

- Smooth nut butters, chocolate spread, hummus, taramasalata, Marmite, honey, jelly jams and marmalades (without rind, skin or seeds).

Foods which may block your tube

You should avoid eating hard, dry, solid or lumpy foods. These foods are more difficult to chew well and more likely to cause a blockage in your stent.

The following list is a guide to foods which may block your stent:

- Raw or stringy vegetables. Green salad.
- Vegetables with tough or course skin, e.g. sweetcorn.
- Tough or hard fruit skins.
- Raw or hard fruit and dried fruit.
- Pithy segments of grapefruit or orange.
- Hard chips. Jacket potato skins.
- Doughy bread. Crusty dry bread.
- Tough fibrous meat. Poultry skin.
- Puffed wheat, shredded wheat, muesli.
- Nuts, seeds and dried fruit.
- Hard toffees, fruit gums and chewy sweets.

Meal ideas

Breakfast

Porridge, or Ready Brek with full cream milk or cream, with sugar, honey or syrup.

Weetabix with warm milk and sugar.

Smooth yoghurt or fromage frais with fruit or honey.

Stewed or mashed fruit with cream or yoghurt.

Scrambled eggs.

Tinned tomatoes.

Fish meals

Cod Mornay

Salmon

Fish pie

Salmon mousse

Fish in sauce

Mashed tuna and mayonnaise

Mashed pilchards (remove bones)

Main meals

Shepherd's pie

Savoury mince

Cottage pie

Corned beef hash

Beef stew, Irish stew

Moussaka

Hotpot

Curry and rice

Meat loaf and gravy

Chilli and rice

Chicken casserole

Lentil soup

Soup

See fortified soup – page 12

Meal ideas continued

Pasta and rice dishes

Macaroni cheese
Lasagne

Tuna and pasta bake
Spaghetti Bolognese

Cheese dishes

Cauliflower cheese
Savoury cheese custard
Broccoli and cheese sauce
Cheesy soufflé

Cheese and potato pie
Cheesy dips
Cheesy vegetables

Snacks

Angel cake
Smooth yoghurt
Fromage frais
Mini rolls
Mousse
Quavers
Bread sticks and dips

Milk drinks
Ice cream
Cereal
Chocolate
Biscuits
Crackers

Puddings

Milk puddings
Banana custard
Mousse or blancmange
Sponge and custard
Instant whip
Trifle or milk jelly
Stewed fruit and custard
Fromage frais

Egg custard
Crème caramel
Ice cream or sorbet
Angel Delight
Semolina
Tiramisu
Smooth yoghurt
Queen of puddings

Getting enough to eat

A soft / moist diet can be very filling, and you may eat less. Try to make what you eat as nourishing as possible by adding extra calories and protein. Here are some ideas:

Fortified milk – add four tablespoons of dried milk powder to one pint of full cream milk.

Fortified soup – add natural Complan or dried milk powder to soup. Add crème fraiche, Greek yoghurt, cream, grated cheese, or parmesan cheese.

Breakfast cereals – add fortified milk, honey, smooth yoghurt, cream.

Mashed potato – add cream, margarine, butter, grated cheese.

Vegetables – add salad cream, mayonnaise, grated cheese, sauces, margarine, butter, smooth yoghurt.

Puddings – add jelly jam, honey, cream, crème fraiche, evaporated milk, margarine, custard, ice cream, sorbet.

Sauces – add cheese, margarine, butter, yoghurt, cream, crème fraiche, evaporated milk.

Dairy-free alternatives – can be used in place of butter, cream, milk etc.

Constipation

Constipation can be a problem on a soft diet.

- Try to drink at least six to eight cups / three to four pints / one and half to two litres of fluid a day.

To increase fibre in your diet:

- Use high fibre cereals with hot milk to soften, for example porridge, Weetabix.
- Include suitable fruit and vegetables daily.
- Unprocessed bran is not recommended.

Acid Reflux

If you have any symptoms at night:

- Try raising the head of the bed by 10-20cm.
- Avoid anything to eat or drink for one hour before bed.

Poor appetite or weight loss?

If your appetite is poor or you are losing weight, contact your dietitian for further advice.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, York Hospital, Wigginton Road, York,
YO31 8HE, telephone 01904 725269 or email
yhs-tr.NutritionandDietetics@nhs.net.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email
yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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