



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

Tel: 01723 342415

Woodlands Drive, Scarborough, YO12 6QL

The York Hospital

Tel: 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 easier.

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, followed by;
2. Consume water only for two hours, followed by;
3. Free fluids for 20 hours.

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

## Eating habits

- Try to eat slowly and take your time at meals.
- Cut your food up into small pieces and take small mouthfuls.
- Try to chew your food well.
- It is helpful to sit upright at a table when eating meals.

# Soft diet

- You will need to follow a soft/moist diet.
- **Continue on 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 or milk.
- 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, especially if your appetite is poor.
- 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.

## 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 what you are 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 for advice.**

If you have on-going swallowing difficulties or your swallowing difficulties get worse you should also contact your Doctor 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 (remove bones and gristle), sausage (no skin).
- 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.
- Vegetarian – Quorn or soya mince, Quorn chicken style pieces with a sauce or gravy.

## Starchy foods

- Cereals, e.g. porridge, Ready Brek, Weetabix, Rice Krispies, softened in milk.
- Potatoes – (remove skins) mashed, jacket without skins.
- Pasta with sauce.
- Rice with sauce.
- Plain biscuits, crackerbread, crackers, breadsticks.
- Day old bread only (see foods not recommended, page 9, for further information).

## **Fruit and vegetables**

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

## **Dairy foods**

- Milk, preferably full cream.
- 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 peanut butter, chocolate spread, hummus, taramasalata, Marmite, honey, jelly jams and marmalades (without rind, skin or seeds).



## **Foods not recommended**

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 foods are not recommended:

- Raw apple.
- Fruit skins – in jam and stewed fruit.
- Green salads, raw or stringy vegetables.
- Hard chips.
- Tough meat and gristle, steak or chops.
- Fresh or crusty bread and toast.
- Hard boiled eggs – unless well mashed with salad cream or mayonnaise. Also avoid Omelette.
- Puffed wheat, shredded wheat, muesli.
- Pithy segments of grapefruit or orange.
- Nuts, seeds and dried fruit.
- Hard toffees, fruit gums and chewy sweets.

## **Bread**

Day old bread should be eaten with caution. If you feel bread is sticking, stop eating it immediately.

# 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 dishes

- Cod Mornay
- Fish pie
- Fish in sauce
- Mashed tuna and mayonnaise
- Mashed pilchards (remove bones)
- Salmon
- Salmon mousse

## Meat dishes

Shepherds pie  
Cottage pie  
Beef stew, Irish stew  
Hotpot  
Meat loaf and gravy  
Chicken casserole

Savoury mince  
Corned beef hash  
Moussaka  
Curry and rice  
Chilli and rice

# Meal ideas continued

## Soup

See fortified soup – page 13

## Pasta/rice dishes

(avoid overcooked rice and pasta)

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

# Meal ideas continued

## 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, blancmange  
Sponge and custard  
Instant whip  
Trifle, milk jelly  
Stewed fruit and custard  
Fromage frais

Egg custard  
Crème caramel  
Ice cream, 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 because of this. Try to make what you eat as nourishing as possible by adding extra calories and protein to foods and drinks. 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.

# 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 three to four hours 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, The York Hospital, Wigginton Road, York, YO31 8HE, telephone 01904 725269 or email [nutrition&dietetics@york.nhs.uk](mailto:nutrition&dietetics@york.nhs.uk).

## **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 [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

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Telephone: 01904 725566

Email: [access@york.nhs.uk](mailto:access@york.nhs.uk)

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