



PATIENT EDUCATION

Esophageal or Duodenal Stent Diet

Esophageal or Duodenal Stent Information

- An esophageal or duodenal stent is a hollow metal flexible tube put in a narrow or smaller part of the esophagus or small intestine.
- A stent may need to be placed to help food pass through a narrowed part of the esophagus or small intestine.
- For the first few days, the stent will slowly get bigger as it settles into place.
- You will get reflux with the stent placement. Ask your provider if a PPI is an appropriate medication for you.

Eating with an Esophageal or Duodenal Stent Recommendations

- Eat slowly
- Take small bites
- Sit upright while eating
- Remain sitting upright for 30-60 minutes after eating
- Drink liquid with each swallow of food
- Sleep with the head of the bed elevated.

Esophageal or Duodenal Stent Nutrition Information

Some people lose weight after getting a stent placed. To help keep your weight the same, you may need to drink nutritional supplements or homemade milkshakes. These supplements could include:

- Boost, Ensure, or similar generic brand
- Nutra-shakes
- Carnation instant breakfast or equivalent brand
- Homemade milkshakes
 - Try mixing one of the supplements listed above with ice, ice cream, sherbet, or sorbet.

Esophageal or Duodenal Stent Diet Information

- You will need to be careful about what you eat and how you eat so the stent does not become blocked.
- It is important that the food you eat is moist, soft, and easily swallowed so that the stent does not become blocked.
- You should eat about five to six meals a day. If food feels stuck in your throat, drink sips of a carbonated soda. It is recommended that you do this a few times each day, especially before and after eating.
- If you still have trouble swallowing, if you have a cough that does not go away or have breathing trouble, call your GI provider immediately.
- It is important that the food you eat is moist, soft, and easily swallowed so that the stent does not become blocked.
- It is also a good idea to eat many different types of food to make sure you are getting enough nutrition.
- Below are some suggested foods:

- Soup with cream or milk for extra calories
- Eggs (boiled, soft, scrambled, or omelets)
- Juice, canned fruit, strained baby fruits
- Well cooked vegetables that are soft and do not have skins.
- Pureed or strained baby food vegetables.
- Cooked cereal, soft moist rice, pancakes, or waffles.
- Mashed potatoes with butter or cream cheese.
- Sweet potatoes, yams, baked potatoes without skins.
- Sherbet, ice cream, frozen yogurts, gelatin, pudding, mousse, or custard.
- Milk, yogurt, custard, ice cream, cheese.

Use the table to help you choose safe foods:

Food Group	Recommended	Avoid
Fruit	<ul style="list-style-type: none"> - Soft fresh fruit (remove skins and seeds) - Cooked or canned fruit - Pureed fruit, applesauce - Fruit juice - Fruit smoothies (seeds and skins strained) 	<ul style="list-style-type: none"> - Crisp fruit - Fresh fruit with skin - Berries with skin, seeds or pits - Fibrous fruits (for example, orange, grapefruit or pineapple) - Dried fruit
Vegetables	<ul style="list-style-type: none"> - Mashed potato with butter, margarine or gravy - Baked potato flesh (no skin) with butter, margarine or gravy - Soft chopped or mashed vegetable moistened with sauce, butter or margarine - Vegetable juice 	<ul style="list-style-type: none"> - Stringy vegetables (for example, celery or green beans) - Corn - Peas - Potato skins - Leafy green vegetables - Salad greens - Raw or bulky vegetables such as salads or celery
Grains	<ul style="list-style-type: none"> - Rice, barley, quinoa, couscous - Soft pasta or noodles with sauce - Hot cereal (for example, oatmeal or Cream of Wheat) - Cold cereal, softened with milk for 5 to 10 minutes (for example, Rice Krispies, Corn Flakes, Bran Flakes, Shreddies) - Plain muffin or biscuit softened with milk - Pancakes or waffles softened with syrup - Crackers with dip to moisten (for example, hummus or guacamole) 	<ul style="list-style-type: none"> - Bread - Dry crackers - Croutons - Granola cereal or any other dry cereal - Cereal with dried fruit or nuts and seeds - Chips - Pretzels - Popcorn
Dairy	<ul style="list-style-type: none"> - Milk - Yogurt - Cottage cheese 	<ul style="list-style-type: none"> - Hard cheeses

	<ul style="list-style-type: none"> - Ricotta cheese - Grated or shredded cheese, cheese slices - Cheese sauce 	
Meat, Poultry, Fish, and Meat Alternatives	<ul style="list-style-type: none"> - Ground meat or poultry with gravy - Minced meat or poultry cut into 1 cm cubes or smaller, moistened with sauce - Moist, flaky fish - Meat sauce - Meat, poultry or fish casserole - Scrambled, soft boiled, poached or fried eggs - Quiche with soft crust - Tender mashed beans or lentils, hummus - Tofu 	<ul style="list-style-type: none"> - Tough meat - Meats, poultry and fish which are not minced - Fish with bones - Hard-boiled egg - Peanut butter - Bacon
Desserts	<ul style="list-style-type: none"> - Pudding, custard, mousse, or Jell-O - Smooth ice cream 	<ul style="list-style-type: none"> - Crisp cookies - Dessert with hard or crumbly crusts - Dessert with nuts, coconut, fruit - Hard cookies made with nuts or fruit