

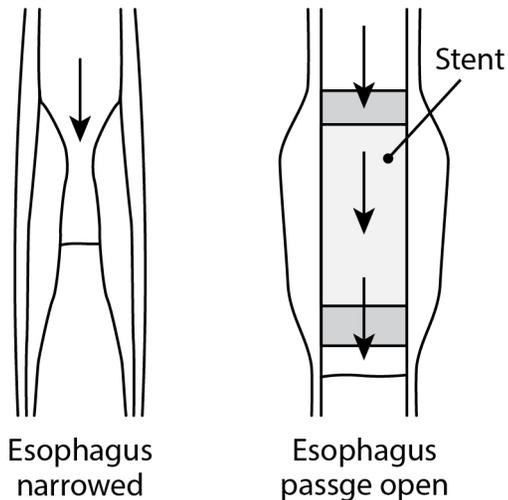
Eating with an Esophageal Stent (Tube)

Diet for: _____

Phone: **BC Healthlink Dietitian 8-1-1**



A small tube known as a stent has been inserted into your esophagus. This stent will allow food to pass through your esophagus more easily so that you can eat and drink more comfortably.



This diet is necessary to make foods easy to swallow, and to avoid stent blockages. You will need to follow a pureed diet so food will go down your esophagus with ease.

If you take medications that are in a large pill format, speak with your pharmacist about the ability to crush these medications, or alternative forms which will be easier to swallow such as liquids.

A. General Guidelines:

1. **Have small, frequent meals.** You may find that six smaller meals and snacks are easier to manage than three larger meals, especially if your appetite is poor and you suffer from acid reflux.
2. **Chew your food thoroughly and take small bites.** Avoid swallowing any lumps of food. If you have dentures that fit poorly, consider getting them refitted.
3. **Eat slowly and sit upright while eating.** Remain upright at mealtimes and for 30–60 minutes afterwards. Do not eat anything within 2 hours of bedtime.
4. **Drink plenty of fluid during and after meals.** Alternate a few bites of food with sips of liquids throughout your meals. Warm beverages are a good choice as they may help to keep the stent from blocking. Fizzy drinks may also help to keep the stent clear, but they can contribute to more reflux.
5. **Foods should be pureed, moist and easily swallowed.** See the table below for a list of foods to choose. Use sauces, extra liquids and gravies to help keep foods moist and blenderize to the appropriate texture.



| Food | Foods to Choose | Foods to Avoid |
|---------------------------|---|---|
| Meat and Alternates | <ul style="list-style-type: none"> • Pureed meat, fish, poultry • Soft well cooked beans, lentils (eg. dahl) • Scrambled or soft cooked eggs, cheese omelettes • Soft tofu • Nuts/seeds that have been ground/ blenderized | <ul style="list-style-type: none"> • Meat, fish, poultry that has not been pureed • Hard cooked or fried eggs • Bacon, sausages • Bony fish, battered fish • Firm tofu, unless blenderized. • Nuts, seeds (whole) |
| Breads and Grain Products | <ul style="list-style-type: none"> • Soft cooked cereals (eg. Oatmeal, cream of wheat) • Dry cereals that soften easily in lots of milk (no nuts or dried fruits) • Pureed meals containing pasta or rice • Crackers crumbled into soup • Congee | <ul style="list-style-type: none"> • All bread, toast, and baked goods like muffins, bagels, scones, pitas, roti, naan etc. • Pasta or rice that has not been pureed • Dry crackers and dry cereals with nuts/fruits • Granola |
| Milk and Milk Products | <ul style="list-style-type: none"> • Milk and milk alternates (ex. Soy, oat, almond milk) and smooth ice creams • Yogurt without pieces of fruit • Cottage cheese, cheese sauce, grated hard cheese that has been melted | <ul style="list-style-type: none"> • Ice cream with pieces of nuts, or chunks • Yogurt with pieces of fruit • Chunks of cheese that have not been grated and melted |
| Fruits and Vegetables | <ul style="list-style-type: none"> • All fruit and vegetable juices • All canned fruits • Soft ripe banana, avocado • Well-cooked soft pureed fruits and vegetables • Smooth mashed potatoes | <ul style="list-style-type: none"> • Dried fruits • Fruits and vegetables that have not been pureed smoothly. |
| Miscellaneous | <ul style="list-style-type: none"> • Puddings, custards, mousse, Jello®, sherbet, gelato • Soups • Nutritional supplement drinks (eg. Boost®, Ensure®, Carnation Instant Breakfast®) | <ul style="list-style-type: none"> • Chips, popcorn, nuts, seeds • Cookies, cakes, pies, tarts |

B. Tips for Blenderizing

1. You will need to use a **blender, food processor, or hand held immersion blender** to blend foods to a **smooth, pureed texture**.
2. Add foods to the blender/food processor and a small amount of liquid (start with $\frac{1}{4}$ cup or 50 mL). Use nutrient rich liquids such as fruit and vegetable juice, milk, strained soup, broth, gravy, or liquids from cooking vegetables.
3. Blenderize until the texture is smooth and free of any lumps.
4. To make the consistency smoother or thinner, add small amounts of liquid, about 1-2 tablespoons (15-30 ml) at a time.



C. What if my stent blocks?

If you feel that your stent is blocked:

1. Try not to panic.
2. Stop eating.
3. Stand up and take a few sips of a warm or fizzy drink.
4. Walk around.
5. If this does not clear the blockage in 1–2 hours, repeat steps 3-4.
6. If your stent remains blocked, contact your doctor.

D. Drink, Meal and Snack Ideas...

Drinks

- Liquid nutritional supplements like Boost®, Ensure® and Carnation Instant breakfast®
- Fruit and vegetable juices
- Milk and milk alternates (ex. Soy, oat, almond milks, regular or chocolate)
- Yogurt drinks and smoothies

Blenderized Meals

- Canned or homemade chilli, stew or chunky soup
- Homemade or frozen entrees such as macaroni and cheese, pasta with sauce, or meat with gravy, shepherd's pie, mashed potatoes and cooked vegetables
- Cheese omelette
- If desired, add extra seasonings to enhance flavour

Snacks

- Ice cream, sherbet
- Puddings or custard
- Cottage cheese and canned fruit
- Yogurt
- Baby food desserts



Making better
decisions together
with patients
and families

For more copies, go online at vch.eduhealth.ca or email
phem@vch.ca and quote Catalogue No. **FK.200.Ea82**
© Vancouver Coastal Health, October 2021

The information in this document is intended solely for the
person to whom it was given by the health care team.
vch.ca