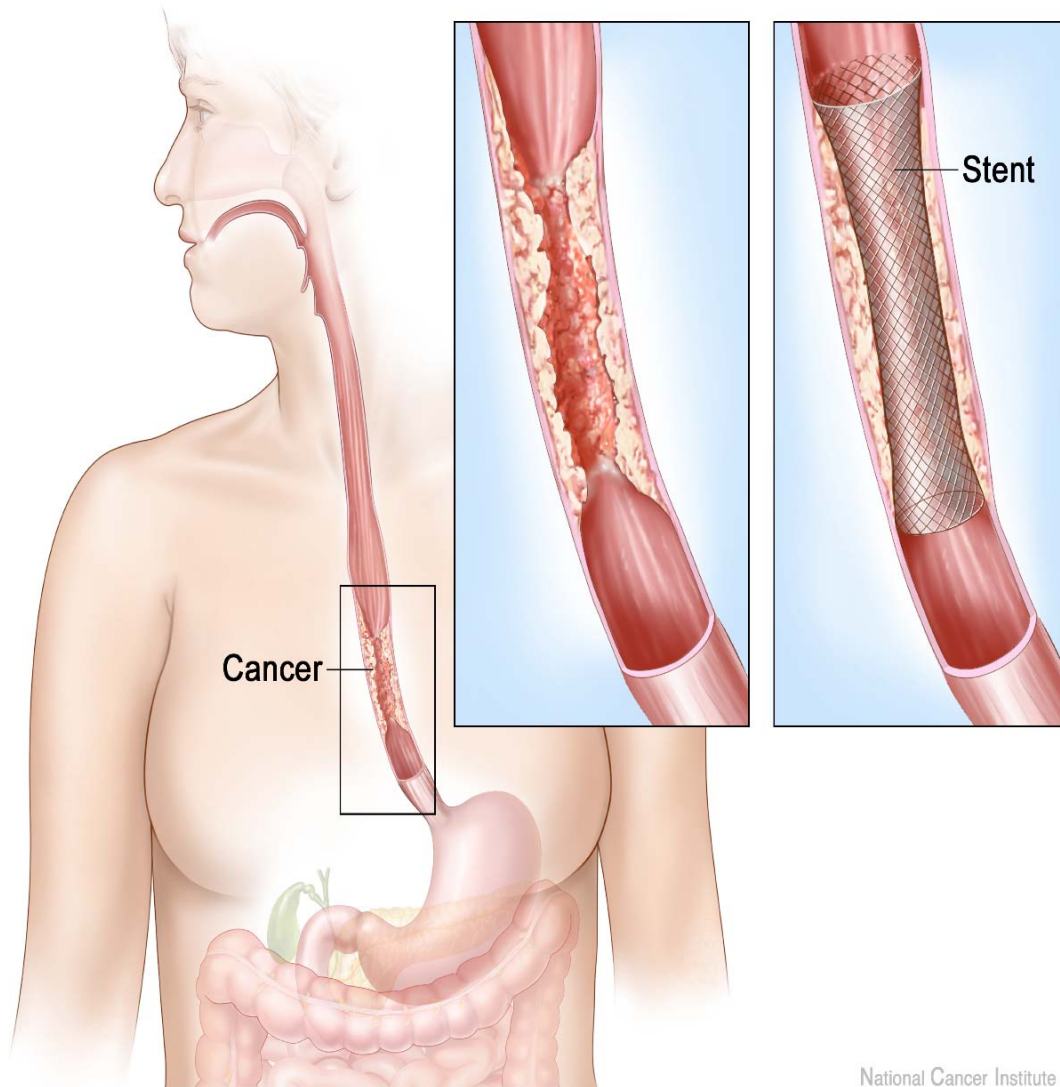


Nutritional Guide after Esophageal Stent Placement

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National Cancer Institute

What is an esophageal stent?

A stent is a plastic/metallic cylinder or pipe that was placed in your esophagus to open the obstruction (blockage).

Why do I need this diet?

This stent or “pipe” can get “clogged” if you attempt to eat foods that are hard or very sticky. Getting the stent “clogged” is a serious problem that may require surgery to have it “unclogged”. This is a guide to eating foods that are not likely to “clog” your stent

General Guidelines

1. Chew all foods thoroughly
2. Eat 5-6 small meals per day if needed
3. Eat slowly and take small bites
4. Sit upright when eating
5. Drink a small amount of fluids after every 2-3 bites
6. Foods should always be prepared so that they are **moist, soft and easily swallowed**.
7. If food ever feels “stuck” in your throat or chest, take a few sips of Coca-Cola or any carbonated drink. This will help dislodge the food from your esophagus.
8. If you are having trouble maintaining your weight, you may need to drink nutritional supplements (see below)

COMMERCIAL NUTRITIONAL SUPPLEMENTS

- Boost, Ensure, Kroger Fortify (Kroger brand), Equate (Walmart brand).
- Nutra-Shakes (1-800-654-3691).
- Carnation Instant Breakfast or equivalent brand (made with whole milk).
- To make a milkshake, try mixing these products with ice, ice cream, sherbet, or sorbet.

FOOD GROUP	YES FOODS	AVOID
Milk and Dairy Products	Milk – all kinds Yogurt, custard, ice cream Soft or melted cheese Cottage cheese, cream cheese	Ice cream or yogurt with chunks of fruit or nuts
Meat and Meat Substitutes	Soft eggs Tofu Casseroles Moist Fish Strained baby meats (for easy preparation) All other meats must be bite-size or ground – suggest adding a gravy or sauce.	Dry poultry Peanut butter All tough red and white meats
Fruits	All juices All canned fruits Fresh fruits peeled – bananas Stewed dried fruits.	Fresh fruits with skins - plums, peaches, oranges, apricots Dried fruits
Vegetables	Well-cooked soft or pureed Should be “fork-tender” Strained baby vegetables	Raw vegetables
FOOD GROUP	YES FOODS	AVOID
Bread and Starchy Foods	Cooked cereal Mashed potatoes, sweet potatoes, yams Baked potato without skin Soft, moist rice Noodles, macaroni, spaghetti Dry cereals softened in milk Pancakes softened with syrup/butter Waffles softened with syrup/butter Crackers or breads added to soups	Hard bread with thick crust Dry cereals without milk Potato chips Popcorn Crackers
Fats	Butter, margarine, mayonnaise Salad dressings Gravy Cream: sour, whipping, coffee	Bacon Nuts Deep fried, crispy food
Desserts	Sherbet, ice cream, Italian ice, frozen yogurts, Gelatin, puddings, mousse, custard All cake type desserts	Cookies Pie crust Any dry desserts Desserts containing nuts or skins
Other	Sauces – cheese, white, barbeque, creamed, tomato Syrup, honey, jam, jelly Ketchup, mustard, relish	