

Dietary Advice post Duodenal Stent

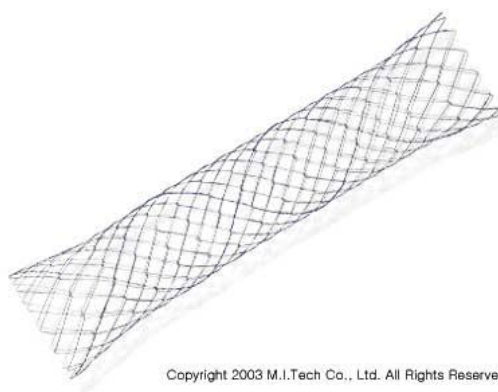
What is a Duodenal Stent?

A blocked stomach can cause symptoms such as stomach pain, vomiting, and feeling very full after eating. You may have a stent inserted where the blockage is.

A stent is a plastic or wire mesh tube that is inserted during an endoscopy.

After insertion, the stent will expand in place and open up the stomach which allows food to pass from the stomach to the duodenum (small intestine).

An example of what your stent may look like:



Copyright 2003 M.I.Tech Co., Ltd. All Rights Reserved.

What can I eat with a Stent?

Once the stent has been placed you will be advised to start with fluids. Your consultant will advise you when you can start to eat.

- If you feel able to manage, build up to step 1 – puree diet.
- Once you feel comfortable on the diet, progress to stage 2 - soft low fibre diet.
- Aim to have regular meals with nourishing drinks or snacks in between.

It is easier, to try and spread your food into several small meals by eating every two to three hours rather than to try and eat two big meals a day, i.e. “little and often”

Step 1 – The pureed diet

- This means “blended” foods which do not require chewing and are also easier to digest.
- To achieve a puree consistency you can use a food processor to remove any lumps and food particles.
- Food should be of a smooth consistency.
- To thicken – add a little cornflour, instant mash/sauce mix, packet soup or custard powder.
- To thin down – try adding extra milk, fruit juice, cream, gravy, thin soup or stock.

Breakfast ideas

- Pureed porridge/instant cereal made with milk and double cream.
- Smooth yoghurts
- Liquidised fruit
- Mousses/Fromage Frais

Lunch/ Evening meal ideas

- Smooth soups – all varieties, packet, tinned, fresh
- Pureed mash potatoes or instant mash
- Pureed vegetables – frozen, tinned or fresh varieties
- Pureed meats and poultry
- Flaked poached fish with a smooth sauce
- Fish mousse
- Pureed pasta dishes, e.g. macaroni cheese.

Snack/pudding ideas

Try to include a pudding or snack twice a day. Choose from the following ideas:

- Soft ice cream
- Yoghurt drinks
- Smooth milk puddings/yoghurts
- Custard
- Pureed fruit – tinned or stewed varieties
- Instant desserts, e.g. instant whips, blancmange, crème caramel
- Jelly

Nourishing drinks

Try the following suggestions for nourishing drinks:

- Full cream milk
- Ovaltine / Horlicks
- Hot Chocolate
- Milkshakes – home made or shop Bought
- Build Up soups – neutral, sweet and savoury varieties available
- Complan – neutral, sweet and savoury varieties available.

How can I add extra nourishment to my meals?

- Use fortified milk on cereal, in mash
- Add full fat margarine or butter
- Add sugar or honey
- Try adding double cream or crème fraiche
- Add grated cheese.

How do I make fortified milk?

To make fortified milk add four tablespoons of dried milk powder to one pint of full cream milk and mix thoroughly with a fork or whisk.

Step 2 – Easy to chew (soft)/ Low residue diet

Once you have followed the puree diet and feel comfortable, you may be able to progress to a low residue easy to chew options of a regular diet. The following pages give you an idea of what is suitable on the diet.

Suggested Meal Plan

Breakfast:

- Porridge, Ready Brek, Weetabix, Rice Krispies with milk and sugar
- Soft fruit, e.g. banana, stewed apple, pear, melon
- Thick and creamy yoghurt
- Glass of fruit juice

Main meal:

- Tender meat or meat substitute in gravy, e.g. shepherds pie, corned beef hash, chicken stew
- Fish in sauce, e.g. parsley or butter, fisherman's pie
- Tender meat or vegetable curry with rice

- Mashed potato with added butter, cream or cheese
- Soft well cooked vegetables, e.g. carrots, cauliflower, swede.

Snack meal:

- Jacket potato (no skin) with butter and soft filling, e.g. tuna or salmon with mayonnaise, tinned spaghetti, grated cheese, cream cheese
- Soup with added cream, cheese, skimmed milk powder or tender meat.

Desserts:

- Milk pudding, e.g. rice pudding, custard
- Sponge pudding and cream, ice cream or custard
- Thick and creamy yoghurt
- Ice cream
- Trifle, Angel Delight, mousse

	Suitable foods Can be eaten freely. Include a variety to provide the nutrients that you need and to keep your diet interesting.	Food to eat to tolerance Can be eaten some in small amounts. Be careful with these if you have regular abdominal pain or vomiting.	Foods to avoid Fibrous foods with a high risk of becoming stuck in the stent causing a blockage.
Vegetables	Well cooked root vegetables like carrots, swede parsnips. All kinds of potatoes without skins. Tomatoes without skins or pips such as tomato juice, tinned deseeded tomatoes, passata, tomato purée.	Well cooked vegetables, with no stringy parts or stalks. These should be suitable if they can be passed through a sieve such as cauliflower florets and green vegetables like spinach, sprouts, broccoli florets, mushrooms. Skinned and deseeded cucumber.	Sweetcorn, broad beans. Raw vegetables such as peppers, radishes, celery. Potato skins. Cabbage. Leeks. Onions. Lettuce and most salad leaves.
Beans & pulses	Well cooked and smooth puréed or mashed beans and lentils, for example hummus.	Soft, well cooked beans and lentils without skins, for example marrowfat peas, lentil soup, yellow split peas.	Firm beans and pulses with course skins like kidney beans, baked beans, haricot beans, barlotti beans, soy beans or chickpeas.

Fruit	<p>Fruit juice. Cooked or stewed fruit without the skin. Tinned pears, peaches, apricots. Puréed fruit and fruit coulis.</p>	<p>Fruit that has been peeled with seeds/pips removed such as pears, apples, peaches, plums, apricots, grapes. Bananas. Tinned citrus fruit with no pith, skin or pips, for example mandarins or grapefruit.</p>	<p>All dried fruit. Strawberries, raspberries, blueberries, blackcurrants, gooseberries.</p>
Cereals & grains	<p>Rice Krispies, cornflakes, Sugar Puffs, Ready Brek.</p> <p>Products made from white flour, for example white bread, white pasta, crumpets, English muffins.</p> <p>Plain and chocolate biscuits like rich tea, nice, cream crackers. Plain cakes, plain scones, plain muffins.</p> <p>Rice pudding, semolina, tapioca, plain couscous, polenta.</p>	<p>Porridge, Weetabix, Shreddies, Oatibix.</p> <p>Products made from wholemeal flour, for example wholemeal and brown bread without seeds, brown pasta, wholemeal muffins.</p> <p>Wholemeal biscuits such as digestives.</p> <p>Well cooked white rice.</p>	<p>Cereals containing nuts, seeds or dried fruit such as muesli, fruit and fibre, Shredded Wheat, bran flakes.</p> <p>Products made from flour that contain fruit, seeds or nuts such as multigrain bread, seeded batch or muffins containing dried fruit, seeds or nuts.</p> <p>Biscuits with nuts, seeds or grains for example nut cookies, seeded crisp breads, Hobnobs, rough oatcakes.</p> <p>Fruit cakes, fruit scones, muesli bars and flapjacks or muffins containing dried fruit, seeds or nuts.</p> <p>Brown rice.</p>

What should I do if I'm losing weight?

When you have a flare-up it can be difficult to eat well. Symptoms such as pain and nausea may reduce your appetite. It is important to eat as well as possible to minimise weight loss.

	Suitable foods Can be eaten freely. Include a variety to provide the nutrients that you need and to keep your diet interesting.	Food to eat to tolerance Can be eaten some in small amounts. Be careful with these if you have regular abdominal pain or vomiting.	Foods to avoid Fibrous foods with a high risk of becoming stuck in the stent causing a blockage.
Meat & Poultry	Soft tender meat or poultry.	Tough meat products such as sausages and beef burgers. Meat pies.	Tough, gristly meat or skin.
Fish	Fish without bones. Seafood (ensure prawns and shrimps are peeled).	Fish with bones that mash like sardines.	Fish with thin, edible bones such as whitebait, kippers. Fish skin.
Meat Alternatives	Plain tofu, TVP, Quorn. Eggs.		Meat alternatives served in sauces or marinades that contain other foods that have been listed in the "foods to be avoided" column such as vegetables, beans or pulses.
Dairy	All types of milk. Butter, margarine. Most cheeses. Most yoghurts.		Cheese containing dried fruit or nuts. Yoghurts containing dried fruit or nuts.
Miscellaneous	Clear, cream or strained soups. Sugar, honey, syrup, seedless jam, marmalade, chocolate. Oxo, Bovril, salt, pepper, herbs. Ice cream, jelly, blancmange. Smooth condiments like tomato ketchup, smooth mustard.		Chocolate with fruit or nuts. Nuts, seeds, coconut. Marmalade with peel. Pickles and chutney. Wholegrain mustard.

- Start slowly and gradually eat more as you feel able.
- Eat in a relaxed environment. Sit at a table and take time with your meals.
- Eat slowly and chew food thoroughly.
- Eat small frequent meals, aiming for 6 small meals a day (start with ½ portions and build up)
- Avoid large quantities of fluid and drink only nutritious drinks e.g. milky drinks instead of tea and coffee.
- Consume fluids between meals rather than with them
- Increase foods high in sugar, fat and protein.

Do I need nutritional supplement drinks?

Your dietitian may recommend that you include a nutritional supplement drink. These are available on prescription from you GP which your dietitian will organise.

Name of supplement: _____

Quantity recommended: _____

If you have any questions please contact your dietitian

Contact Numbers

Dietitian: 0151 529 3473
Endoscopy Unit: 0151 529 249