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The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Dietary Guidelines for Patients with a Gastric Outflow Stent

Therapies Speciality

What is a Stent?

A gastric outflow stent is a short tube that is placed through the narrowing at the bottom of your stomach to help improve your symptoms.

Here are some general guidelines to help you to help prevent the stent getting blocked:

- Cut your food up into small pieces and chew each mouthful **thoroughly**.
- Eat your meals at your own speed.
- Meals should be made moist by adding gravy, sauces or using custard, cream or ice cream on puddings.
- If you find it difficult to chew, you could try foods which are soft. Meat can be minced or liquidised, if necessary.
- **Have sips of drinks after each meal.** This will help to clear the tube after eating.

Things you should not do:

- Do not be afraid to spit out lumps that you can't chew.
- Do not remove your dentures before eating. If they are uncomfortable you should see your dentist.

Foods to avoid:

- Raw apple, unless peeled and chewed thoroughly.
- Fruit skins, including peel in jam and in stewed fruit.
- Dried fruit.
- Tough green salads.
- Raw or stringy vegetables.
- Tough meat and gristle.

- Fish, unless guaranteed free from bones.
- High fibre granary bread.
- Puffed wheat, shredded wheat, or muesli.
- Hard chips.
- Pithy segments of grapefruit or orange.

If your appetite is poor or you are losing weight, the following ideas may be useful:

- Eat little and often, for example try three small meals and two snacks daily.
- Make sure you use full cream rather than low fat milk.
- Try adding cream to soups, sauces, puddings and porridge.
- Butter/margarine can be added to vegetables and potatoes.
- Cheese can be grated into soups, sauces or mashed potato.
- Sugar can be added to drinks, cereals and puddings.
- Avoid “diet” or “sugar free” products, including drinks, use the ordinary sweetened varieties.
- Complan or Buildup are useful nutritious drinks that could be used to supplement or replace meals, if necessary. These are available from your local chemist.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further Information

If you continue to have problems, contact your Dietitian who will be able to give you some more information.

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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