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make a difference



The Royal Liverpool
and Broadgreen
University Hospitals
NHS Trust

Patient information

Oesophageal Stent Insertion Aftercare

Digestive Disease Care Group

Dear.....

Date oesophageal stent inserted

Today you have had an oesophageal stent (a flexible metal tube) placed across the narrowed area in your gullet. The purpose of this stent is to allow you to swallow food more easily and to manage a soft to near normal diet.

Please follow the instructions below and if you have any questions ask the Specialist Nurse looking after you, for advice. Their contact numbers are included at the end of this leaflet.

Procedure Aftercare

Following the procedure you may have a sore throat; this should be slight and should pass off quickly. You may vomit a small amount of blood stained fluid on the day of the procedure again this will settle.

Any stomach ache will be due to the air put into your stomach during the procedure and will not last long.

A full report will be sent to your family doctor (GP) and you will be seen in the Outpatient Department by your Consultant and his team in the next one to two weeks.

As you were sedated you may have difficulty remembering the procedure and the information given to you afterwards. This will be due to the sedation. However you and your family doctor (GP) will have a copy of the report, and your Specialist Nurse will be contactable between 9 am – 5 pm (Monday – Friday) on the numbers at the end of the leaflet.

Following sedation you must have a friend or relative collect you from the Gastroenterology Unit.

For next 24 hours you must not

- Travel alone.
- Drive any vehicle e.g. car, scooter or ride a motorcycle or bicycle.
- Operate machinery (including domestic appliances such as a kettle).
- Climb ladders.
- Make important decisions, sign any business or legal documents,

- Drink alcohol.
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

You should

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

Important Information

Severe pain in your neck, chest or abdomen or persistent/ large amounts of vomiting blood should be reported to your doctor at once or you should return to the nearest Emergency Department (A&E).

On the day of Stent Placement:

- You may drink liquids, as normal, but please do not take any solid food.
- We recommend you take simple pain relief regularly for the first 24 – 48 hours e.g. soluble paracetamol or co-codamol.
- You may already be taking stronger pain relief, continue with this as prescribed.
- You may also be offered alternative pain relief and should take it as instructed.
- If your pain is not controlled please contact your family doctor (GP) for advice.

Day Two

If you are managing to swallow all liquids without any problems, you may start taking a soft diet e.g. porridge, yoghurt, mashed potato, minced meat, steamed fish. Once a soft mashed diet is tolerated, you can progress onto well chopped food, ensuring you place small amounts into your mouth and chew it well.

You are asked to take a fizzy drink of your choice following each meal. This will allow the stent to stay free from food debris.

General Advice

- **Sit up straight** when eating and drinking.
- **Avoid** dry lumpy foods that may become blocked in the stent such as steak, pork, crusts of bread, large pieces of fruit.
- Try to **keep your diet moist** with gravy and sauces as these foods will pass easily.
- You can eat most foods as long as you **cut the food up** into small pieces and **chew it well**.
- Ensure your dentures fit properly. If they do not, please see your dentist.
- **Take your time** whilst eating particularly if you are in company. You may not be able to eat as fast as everyone else.

It may take a little trial and error to establish the diet most suitable for you as each individual will cope with the stent according to its position and disease. Please be patient and do not lose heart.

Problems

We do not expect you to have any problems with swallowing if you follow the instructions above.

Occasionally food may block the stent and you will feel unable to swallow. If this happens do not take any further solid food.

- Take sips of Soda water and warm drinks to try to dissolve the blockage.
- Contact the Specialist Nurses / family doctor (GP) for advice.

Gastroenterology Specialist Nurses can be contacted on the numbers below:

Direct line Tel: 0151 706 2653

Text phone number: 18001 0151 706 2653

Upper GI Specialist Nurse

Tel: 0151 706 2000 bleep 4517

Text phone number: 0151 706 2000 Bleep 4517

Discharging Nurse:

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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 have any questions or queries, please contact:
The Gastroenterology Unit during the following hours**

Monday – Thursday	0800 – 2100 hrs
Friday	0800 – 1700 hrs
Saturday/Sunday/BH	0800 – 1600 hrs

Tel: 0151 706 2656/ 2819/2726

Text phone number: 18001 0151 706 2656/2819/2726

Clinic appointment enquiries

Tel: 0151 706 5555

Text phone number: 18001 0151 706 5555

The Emergency Department (A&E) is open 24 hours

Tel: 0151 706 2051/2050.

Text phone number: 18001 0151 706 2051/2050

Your Specialist Nurse will have already given you information on how to contact them.

Author: Digestive Disease Care Group

Date: February 2022

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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