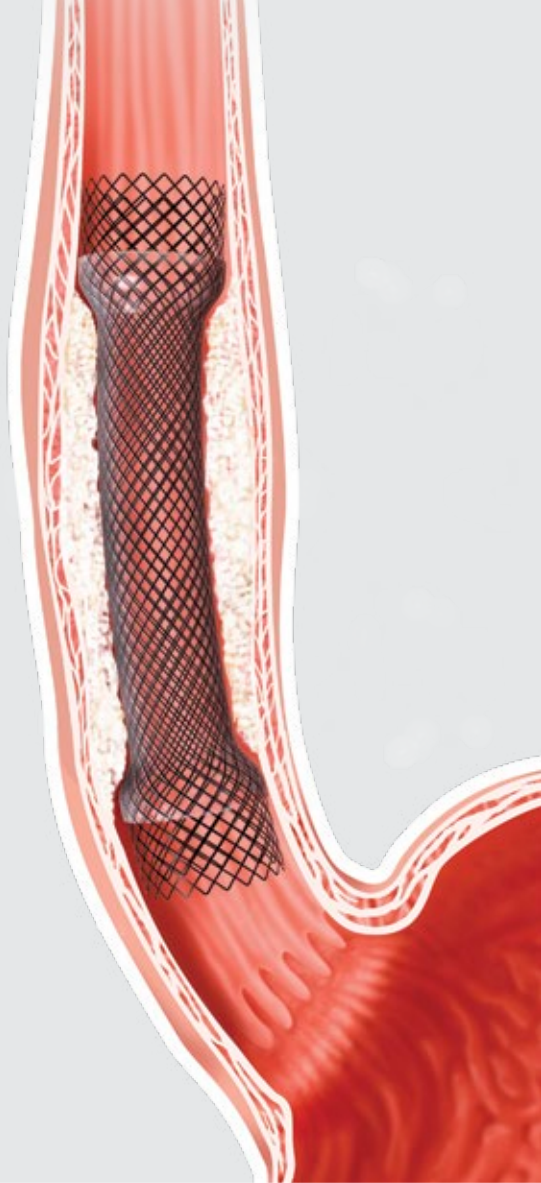


# Everything you need to know about your Esophageal Stent



**Please Note:**

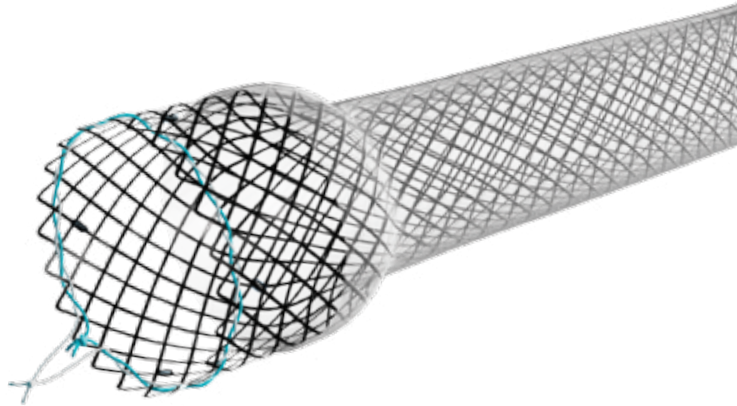
The advice in this leaflet may not be suitable if you follow a “therapeutic diet” for conditions such as diabetes, celiac disease or chronic kidney disease. Please speak to your dietician or primary care provider if concerned. For any other additional advice regarding your general questions or concerns please refer to your primary care provider.

# Overview

An esophageal stent is a tube made of flexible wire mesh and silicone coating that is placed endoscopically and intended to gently expand and open the narrowed/blocked portion of the esophagus. Although this form of therapy will not cure your condition, it will improve your quality of life by allowing you to swallow foods and liquids with ease. The procedure itself is done under sedation, which includes the use of X-ray, and can take approximately 20 minutes or longer.

Some of the more common complications associated with stent placements include: perforation, bleeding and migration; some patients may even experience mild chest discomfort up to 48 hours after their stent placement. If these complications occur, please contact your primary care physician, who can then suggest the appropriate form of treatment.

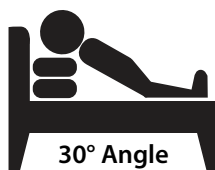
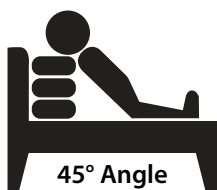
You will be fasting for approximately 2 hours after your stent placement and then you will start a liquid diet for the next 24 hours. Start slowly, increasing the texture of your foods initially with liquids for the first day, soups with no lumps (puréed food) for the second day and foods like mashed potatoes and fish from the third day on.



# How to take care of your stent

The following points may help keep your stent working well for you:

- **Sit up straight** when eating and remain upright for at least 30 to 60 minutes after eating.
- **Eat small and frequent meals:** "Little and often."
- **Chew your food thoroughly:** Take small mouthfuls of soft food. If you wear dentures, it is not advisable to remove them before eating.
- **Eat at your own pace:** Eat slowly. There is no need to keep up with others at the table.
- **Drink plenty of fluids during and after each meal.** Carbonated drinks (e.g. cola, lemonade, soda water, sparkling mineral water) are especially important after eating as they help to clear the stent of debris.
- On first night after stent placement, sleep at 45° with approximately 3 large pillows. On every night thereafter, sleep at 30° with approximately 2 large pillows.



## What Not To Do

- Do not eat within 3 hours of going to bed.
- Do not swallow chunks of food.
- Avoid eating dry foods: Always add butter, margarine, milk, sauce, gravy, etc.
- Do not take tablets unless crushed or dissolved. Use a liquid alternative, if possible. Always ask your doctor or pharmacist for the best way to take your medication.



## Is your food getting “stuck”?

If you feel that your food is “sticking” in your throat:

- **Stand up and remain calm.**
- **Drink a small carbonated drink.**
- **Walk around until you feel your esophagus is clear.**
- **Only continue eating if the blockage is relieved.**

If your swallowing difficulty recurs, it is likely the tube is blocked with food. If you cannot swallow any liquids for more than a few hours, you should contact your doctor or the hospital immediately. If you have reflux, which occurs when the stent crosses the junction of the esophagus and stomach, contact your doctor for medication.


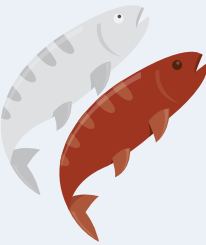

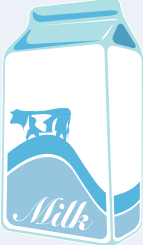
## What foods should I choose?




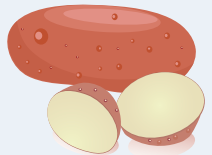
The body needs to be well nourished to fight infection and keep you feeling healthy. Normally, it has stores of nutrients, such as iron; however, if you are not eating properly, this store can quickly run out.

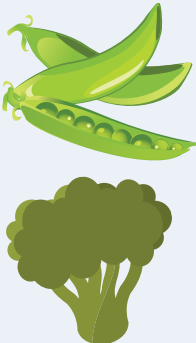

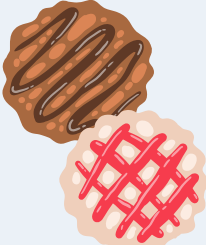

Each day, try to choose from each of the following foods to ensure a balanced diet:





- 600 ml (1 pint) whole milk
- 2 portions meat, poultry, fish, cheese, eggs
- Up to 6 portions cereal, potatoes, rice, pasta
- 2 small portions of vegetables
- 2 portions of fruit, glass of fruit juice

The foods on the following pages are suitable to eat when you have an esophageal stent and will also help you have a varied diet.

	FOODS TO CHOOSE	FOODS TO AVOID
<b>Meat/Chicken</b> 	<p>Finely minced or puréed with gravy or sauce (all meats can be minced, not just beef!). Avoid frying initially. Cook slowly to tenderize.</p> <p>Small pieces of sliced meat, such as ham or turkey.</p>	<p>Tough, chunky or dry meat or chicken (or gristle).</p>
<b>Fish</b> 	<p>Flaked in sauce.</p>	<p>Any fish with bones or without sauce.</p>
<b>Eggs</b> 	<p>Scrambled or poached or as an omelette, quiche or soufflé.</p>	<p>Hard boiled, unless well mashed with mayonnaise or salad dressing.</p> <p>Fried egg white.</p>
<b>Milk</b> 	<p>Whole milk, evaporated, condensed.</p>	<p>---</p>

	FOODS TO CHOOSE	FOODS TO AVOID
<b>Breakfast Cereals</b> 	Cornflakes, Rice Krispies, oatmeal, Cream of Wheat (all need to be well soaked in milk).	Shredded Wheat. Cereals with added nuts, seeds or dried fruit.
<b>Rice</b> 	White rice with sauce.	Wholegrain rice.
<b>Pasta</b> 	Canned spaghetti or pasta shapes in tomato sauce, macaroni and cheese or ravioli.	---
<b>Potato</b> 	Mashed with butter or margarine and milk.	French fries, roast potatoes or potato chips.

	FOODS TO CHOOSE	FOODS TO AVOID
<b>Vegetables</b> 	<p>Soft, well-cooked, mashed veggies; e.g. broccoli or cauliflower heads.</p> <p>Mashed peas and beans into creamed potato.</p> <p>Add white sauce or cheese or butter to veggies.</p> <p>Purée soups, such as homemade vegetable.</p>	<p>Stringy, hard veggies; e.g. cauliflower or broccoli stalks, cabbage, sweet corn, hard peas.</p> <p>Raw veggies, green salads; e.g. lettuce, celery, tomato skins.</p>
<b>Fruit</b> 	<p>Fruit juices.</p> <p>Purée canned fruit.</p> <p>Stewed fruit.</p> <p>Mashed banana.</p> <p>Seedless jam and shredless marmalade.</p>	<p>Dried fruit; e.g. raisins, dates, prunes.</p> <p>Fibrous or pithy fruits; e.g. orange, grapefruit, pineapple.</p> <p>Fruit skins, pips, seeds; e.g. blackberry jam, grapes, coarse jam.</p>
<b>Cookies</b> 	<p>Soft crumbly type; e.g. digestive, shortbread, chocolate coated.</p> <p>(Remember to always take a drink with cookies.)</p>	<p>Cookies containing nuts, seeds, whole grains, dried fruit.</p>
<b>Cakes/Buns</b> 	<p>Sponge type with fresh cream, ice cream; or custard or butter cream icing.</p>	<p>Cakes containing nuts, seeds, whole grains, dried fruit.</p>

	FOODS TO CHOOSE	FOODS TO AVOID
<b>Puddings</b> 	Milk puddings, smooth yogurts, custard, mousses, gelatin.	---
<b>Desserts</b> 	Smooth ice cream, frozen yogurt, sherbet.	Desserts containing nuts.
<b>Bread</b> 	---	All bread.
<b>Nuts</b> 	---	All nuts. Peanut butter.

## How can I make my meals softer?

- Everyday foods, as already suggested, can be made softer by finely chopping, mashing, mincing or puréeing.
- Perhaps you can ask your butcher to mince meat and poultry for you. Remember, all meats can be minced, not just beef! Fish, however, is not suitable for mincing. Family meals can be puréed using a blender or food processor.
- Simple utensils, such as a plastic strainer and a spoon, can be just as effective as expensive equipment. Processing several meals and freezing them in plastic containers will save you time.
- For some people, it may be enough to add some liquid to minced food; e.g. minced meat with gravy and flaked fish with sauce.
- Remember to chew your food well before swallowing.










## Helpful tips

If your appetite is poor or if you are unable to take in enough food to maintain your weight, the following tips may be helpful:

- Try going for a walk before meals to help increase your appetite.
- Drink a small glass of sherry or brandy before meals to help increase your appetite, but check with your doctor first if you are on medication.
- Add sugar or glucose powder to food where possible (unless you are a diabetic).
- Adding herbs and spices to your food will add flavor and color; e.g. garlic, pepper, lemon, mint, mustard, basil, thyme, rosemary, curry, balsamic vinegar.
- Make foods such as bean or lentil soup, mashed potatoes, sauces and milk puddings more nourishing by mixing in: powdered milk, cream, evaporated milk, grated cheese, butter or margarine, as appropriate.
- Add 4 tablespoons of powdered milk to 600 ml (1 pint) of whole milk and use as normal milk.
- Nutritional drinks such as Ensure and Boost are available from your dietician or primary care provider.



If weight loss continues despite following the advice in this booklet, please contact your primary care provider.

SUGGESTED MEAL PLAN	
<b>Breakfast</b> 	<p>Fruit juice or puréed fruit.</p> <p>Cornflakes with milk and sugar.</p> <p>Scrambled eggs, poached eggs, omelette.</p>
<b>Mid-morning snack</b> 	<p>Smooth yogurt, mashed fruit, milky drink or high energy/protein drink, as advised by your dietician, if required.</p>
<b>Lunch</b> 	<p>Soup with added milk, cream; or main meal; e.g. mashed potatoes, minced chicken and soft, mashed vegetables; or cottage cheese.</p> <p>Pudding; e.g. smooth ice cream, jelly, puréed fruit.</p>
<b>Mid-afternoon snack</b> 	<p>Milky drink and soft crumbly cookies; or high energy/protein drink, as advised by your dietician, if required.</p>
<b>Evening meal</b> 	<p>Lasagna, baked potato (no skin) with grated cheese or baked beans; pasta dishes; fish; soft, mashed vegetables.</p> <p>Rice/custard/mousse.</p>
<b>Evening snack</b> 	<p>Stewed fruit/smooth yogurt/high energy/protein drink, as advised by your dietician, if required.</p>
<b>Bed-time snack</b> 	<p>Warm milky drink; e.g. Ovaltine.</p> <p>Sponge cake with cream; soft crumbly cookies.</p>



## Notes

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**Magnetic Resonance Conditional:** Non-clinical testing has demonstrated that the Evolution Esophageal Stent is MR Conditional. They can be scanned safely under the conditions outlined in the Instructions for Use.



*Cook Medical would like to thank Dr. Inder Mainie of Belfast City Hospital and Dr. Malcolm Stanley Branch of Duke University Medical Center for their collaboration with this publication.*

*Dr. Inder Mainie is a paid consultant for Cook Medical.*

*Dr. Malcolm Stanley Branch is not a paid consultant for Cook Medical.*



This patient has received  
an Evolution® Esophageal  
metal stent made of Nitinol.

Patient Name \_\_\_\_\_

DOB \_\_\_\_\_ Insertion Date \_\_\_\_\_

Model Number \_\_\_\_\_

Lot Number \_\_\_\_\_



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