

## INFORMATION FOR PATIENTS

# Duodenal stent

**The aim of this leaflet is to provide information as to how to eat following a duodenal stent.**

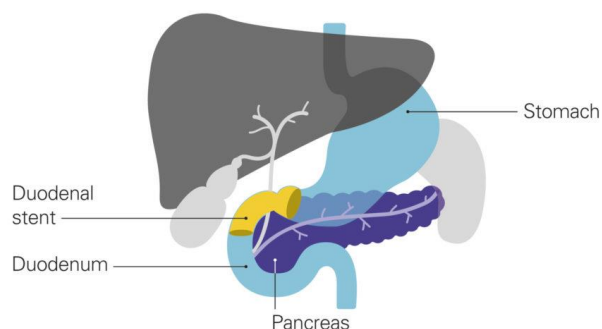
### Who may need this leaflet?

This leaflet is for people who have had, or are due to have, a duodenal stent.

### What is a duodenal stent?

The duodenum is the first part of the small intestine. After foods mix with your stomach acid, they move into the duodenum. They then mix with bile from the gallbladder and juices from the pancreas.

The aim of a duodenal stent is to open up a blockage in your duodenum. This will allow food to pass through the obstructed part so the stomach can empty properly.



### How should I manage my diet with a duodenal stent?

After the stent has been inserted, it can take a few days to settle into place.

On the day that your stent is fitted you will only be able to have liquids. If you can tolerate these you should be able to gradually increase and build up to a soft diet.

Sometimes, even with a stent, it can take a while for your stomach to start emptying properly again, but you can be given medication to help your stomach empty.

### Eating with a stent:

- Eat smaller meals.
- Take your time whilst eating and chew your food well.
- Eat a good variety of food to make sure you're getting enough vitamins and minerals.
- Sit up when eating and avoid lying down after eating. This will help to digest your food.
- Avoid drinking too much fluid before or with meals as this can fill you up. Try and take your drink once you have finished eating.

### Recommended soft and moist foods to eat with a stent:

- Porridge or cereal soaked in milk.
- Soup (add cream, milk or cheese for extra vitamins, minerals and calories).
- Minced meat and poached fish.
- Eggs – boiled, poached or scrambled, including omelette.
- Fish pie, shepherd's pie and macaroni cheese.

- Mashed potato (add milk, butter, cream or cheese).
- Vegetables without the skin or pips – cook until tender.
- Rice pudding, stewed fruit, yoghurt, mousse, custard and ice cream.

### Fortification

If you are losing weight please try the following:

- Add extra cream or cheese to mashed potato, soup and scrambled egg.
- Use full fat milk instead of skimmed/semi skimmed.
- Extra cream, ice cream in milk drinks/smoothies.
- Extra cream, jam or sugar in custards/rice pudding.

### Avoid foods such as:

- Raw vegetables or vegetables that are harder to digest such as salads, celery and sweetcorn.
- Nuts and dried fruit.
- Fruits with pith, for example grapefruit and oranges.
- Tough or gristly meat.
- Bread, as it expands in the stomach when it mixes with liquid.
- Wholegrain foods, for example pasta or rice, as these are more difficult to digest. Instead chose the refined versions.

### Blocked stents

Your stent may become blocked resulting in you feeling full and you may be sick. If this does happen contact your doctor or specialist nurse or go to your nearest Emergency Department if this happens out of hours (for example late evening, during the night or early morning).

If you have any more questions please don't hesitate to ask your doctor, nurse or dietitian.

### Further sources of information

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

### Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222

**Newark Hospital:** 01636 685692

**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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