

# Duodenal stent and diet

The duodenum is the first part of your small intestine. Sometimes there can be a blockage in the duodenum, meaning that food can't pass easily from the stomach into the small intestine for digestion. This can cause you to feel full and not like eating. It may also make you feel or be sick.

A stent is a small mesh tube which can be placed in the duodenum to unblock it and allow food to pass through from your stomach to your intestines more easily.

## Diet following a duodenal stent

You doctor will advise you when it is safe to eat following the placement of a duodenal stent, which is usually the following day. It can sometimes take time for your stomach to start emptying properly again. It is advisable to start reintroducing the foods/fluids which will pass through the stent most easily and gradually increasing the stages once you are able to tolerate the stage before.

### Stage 1 - Thin liquids with no bits:

Water

Squash

Tea or coffee

Bovril

Fruit juice with no bits

### Stage 2 - Thicker liquids and smooth pureed food with no lumps:

Jelly

Yoghurt

Milkshakes

Ice cream

Smooth soups

Pureed food with no lumps

### Stage 3 - Soft foods which are easy to chew:

Porridge or cereal soaked in milk

Soup with soft pieces

Poached fish or very tender meat

Eggs in any form

Soft pasta

Mashed potato

Peeled and soft cooked vegetables and fruit

Soft puddings (custard, ice cream, rice pudding, yoghurt)

## Example meals on stage 3

Everyone responds differently to having a duodenal stent fitted. Some people are able to manage a more normal diet in time and other need to remain on a soft, moist diet indefinitely. Occasionally people are only able to manage a liquid diet on an ongoing basis but this is quite rare.

### Breakfast

Cereal with plenty of milk

White bread toast with smooth peanut butter or jam/marmalade without pips or bits

White bread toast with butter and scrambled egg

Yoghurt and banana or fruit puree

### Lighter meals

White bread toast with butter and avocado

Scrambled eggs on toast

Smooth soups with extra cream added

Sandwich with white bread, butter/spread and tuna mayo/thin sliced meat/egg mayo

Omelette with cheese

Jacket potato (inside only no skin) with cheese, prawn mayo or tuna mayo

### Main meals

Fish pie with flaky fish and mash

Sheppard's or cottage pie with lean mince

Casserole with very tender stewed meat

Pasta soft cooked with lots of sauce – bolognese, macaroni, lasagne

Mashed or boiled potatoes with skins removed

Flaky fish with soft cooked vegetables and mashed potato or soft white rice

### Puddings

Soft hot puddings such as stick toffee pudding, steamed puddings and apple pie

Trifle

Mouse/Angel Delight

Milk puddings – rice pudding, custard, semolina

Ice cream, sorbet

Yoghurts

## Foods to avoid

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**Raw vegetables or stringy vegetables** such as salad leaves, celery, green beans, and sweetcorn, tomatoes

**Stalks of broccoli, cauliflower or asparagus** – eat the tips or florets instead

**Skins, pips, or pith on fruit** e.g. pith or skin on oranges and seeds in strawberries or kiwi fruit. Peel fruit or choose soft stewed or tinned

**Dried fruit, nuts or seeds**

**Tough, chewy or gristly meat** – go for stewed or minced

**High fibre cereals** e.g. All Bran, Bran Flakes, Shredded wheat or granola with seeds and dried fruit. Choose Rice Crispies, porridge or corn flakes

**Granary or seeded bread.** Limit bread intake as it can expand in the stomach making it difficult to pass through the stent

**Whole grain rice or pasta.** Choose white varieties.

## General tips for eating

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- Take small mouthfuls and chew food well
- Choose soft moist foods
- Add extra sauces or gravy to your food to moisten it
- Eat little and often rather than having large meals
- If you do not feel like eating, try having a nutritious drinks such as a milkshake/smoothie or a soup
- Avoid lying down for 30 minutes - 1 hour after eating

If you have any concerns or would like further advice please speak to your Dorothy House Professional  
[dorothyhouse.org.uk](http://dorothyhouse.org.uk)