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# Oesophageal Stent

## Endoscopy Department

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk)

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Oesophageal Patients Association [www.opa.org.uk](http://www.opa.org.uk)

Helpline telephone number - **0121 704 9860** available Monday to Friday between the hours of 09.00 and 17.00.

e.mail: [opa@ukgateway.net](mailto:opa@ukgateway.net)

## Oesophageal Stent

### What is an oesophageal stent?

This is a flexible metal tube, knitted from a special type of metal thread that enables it to be placed into your oesophagus (food pipe) where it gently expands to hold the narrowing in your oesophagus open.

### How will it help me?

The narrowing in your oesophagus is making it difficult for you to swallow. The stent will open the narrowing and will make it easier for you to swallow.

### Who will place my stent?

An experienced doctor will insert the stent.

### How is the oesophageal stent inserted?

To place the stent in your oesophagus, a gastroscopy (OGD) is performed. This allows the doctor to look directly inside you with a small flexible camera, called an endoscope.

Before the stent is put in position he may stretch the narrowing by passing either a special balloon or a small stretching tube to the narrowed area. After this is done, the stent is placed across the area and will gently expand outwards and hold itself in position.

## The Gastroscopy (OGD)

The gastroscopy will take place in the X-ray department or in the Endoscopy Unit. Before the doctor starts the procedure, you will be given some sedation. This is not an anaesthetic but it will make you feel very sleepy.

An experienced nurse will be with you throughout the procedure which will take about 20 minutes.

## Dietician on the Endoscopy Unit

Before commencing your procedure the dietician will visit you to advise you on your diet following your stent placement.

## Are there any risks / complications?

Most medical/surgical procedures carry some form of risk.

With the placing of your stent, there is a risk of a small tear occurring in your oesophagus.

The rate is 1 in every 100 procedures performed.

If this does happen to you, you will have to stay in hospital to receive the right treatment, which could mean an operation.

However, with recent improvements in the method of placing the stent, the chances of this happening to you have become even smaller.

- If you need to take something for pain, use a dissolvable tablet or capsule such as Soluble Paracetamol. This can be bought from a chemist.
- Eat a wide variety of foods to ensure you have a healthy diet.
- If you feel the stent has blocked, stop eating, drink a little fluid and walk around.
- If you are unable to swallow for more than 3 hours, and you feel that your stent is blocked with food, try not to panic. Contact the G.I. Nurse Specialist at St. Peter's Hospital on **01932 722083** (Monday to Wednesday between the hours of 09.00 and 17.00), the Endoscopy Unit telephone **01932 722037** (Monday to Friday between the hours of 08.00 and 18.00), or visit the Accident and Emergency Department.

## Further Information

If, at any time after you return home, you have any concerns or there is anything you do not understand, please contact the Endoscopy Unit at St. Peter's Hospital on the telephone number above at the times stated.

Additional useful information can be obtained by logging on to the following websites:

Royal College of Radiologists [www.rcr.ac.uk](http://www.rcr.ac.uk)

The University of Edinburgh  
[www.glenlivet.mph.ed.ac.uk/endo/general/oesstent](http://www.glenlivet.mph.ed.ac.uk/endo/general/oesstent)

## **Foods to Avoid**

Fish with Bones

Fried egg white and hard boiled egg

Fruit skins and pith of grapefruit and orange

Green salads and raw vegetables

Hard chips and crisps

Nuts and dried fruit

Shredded and puff wheat

Tough meat and gristle that is not minced

White bread - crusty and toast

## **Special points to remember**

- Chew well and eat slowly. Do not rush your eating
- If you have problems, continue with the soft diet until you feel able to slowly introduce more solid foods. Do not tackle large lumps of food, cut them into small pieces and chew well.
- Take frequent sips of fluid throughout your meal.
- Sit upright when eating.
- Always have a fizzy drink after eating. This will help to keep your stent clear of food debris.
- Keep your teeth and dentures in good order so that chewing is effective.

## **What are the intended benefits of having an oesophageal stent inserted?**

To improve your swallowing and the range of foods you can eat. However it will not restore your swallowing completely to normal, and you will need to be careful about what you eat.

## **Are there any alternatives available?**

Your doctor usually recommends an oesophageal stent when he considers it the best option for you.

You may not be fit for the alternative of major surgery.

Radiotherapy is slow to become effective and its benefits are not sustained.

## **After the stent has been placed**

After the procedure, you will be sleepy and you will stay on the Endoscopy Unit until you are fully awake and feel well enough to go home. You may feel some pain caused by the stretching of your oesophagus. Please tell the nurses if you have any pain as painkillers can be given for this.

## **When you go home**

You **MUST NOT** drive yourself home. You **MUST** be accompanied by a responsible adult and you **MUST** make arrangements to have someone stay with you overnight. If you are an in-patient you will rest on your hospital bed.

You will receive a follow-up appointment in the Outpatient Department. The Nurse Specialist will contact you following your stent procedure.

## **How to look after your stent**

When you eat and drink always follow these guidelines:

**Day 1** After your procedure the doctor will recommend that you take fluids only, with no solids.

**Day 2** If you are able to drink and swallow well, you may start taking a soft diet. Start with small amounts, chew it well and eat slowly.

These foods could include soup, scrambled eggs, steamed/baked fish, yoghurts, mashed banana, well mashed potato, pate, shepherds pie, custard and ice cream.

**Day 3** If you have been able to swallow, you can start to try more solid food. These foods could include soft vegetables, baked beans, pasta, rice pudding, and omelettes.

## **What you can eat**

### **Meat/Fish**

These foods will be easier to swallow if small amounts are added to a sauce/gravy. Meat should be minced or pureed. Gristle should be avoided.

### **Fruit and Vegetables**

These are a good source of vitamins and are important to keep you healthy. Include fruit juice or a vitamin C drink daily. Tinned fruit and soft fresh fruits are easily tolerated. Fruits can be eaten mashed or blended. Mashed potato can be eaten but avoid crispy chips and crispy roast potato.

### **Food supplements**

These can be helpful if you need extra nourishment or build-up. Complian and Nutroplus, in various flavours, are on sale at most chemists/pharmacies.

### **Rice and Pasta**

To remove excess sticky starch, wash cooked rice and pasta thoroughly with boiling water.

### **Dairy Products**

Milk, cheese, yoghurt and cream are very nutritious and should be included in your diet on a regular basis.