Stent Diet

Diet modifications are important following surgery for stent placement. Use these tips for best success with eating:

- Take ½ of your usual bite of food and chew very well before swallowing
  - Try chewing 20-30 times.
  - Food should feel pureed or liquid in your mouth before swallowing.
- Eat small, frequent meals (5-6 meals/day).
- Large pieces of beef, poultry, pork and shellfish are most likely to cause a blockage of your stent:
  - Shred, mince or grind meats and shellfish.
  - Slow cook meats until tender.
  - Fish the texture of salmon, tuna, cod and tilapia do not need to be modified.
- Breads and dried fruits may cause blockage of your stent.
- Moist foods are easier to chew.
  - Add gravy, sauces, oils, butter, jelly, mayonnaise, sour cream or salad dressing to add moisture.
- Drinking at least 8 ounces of liquid throughout your meal helps food pass through your stent.
- Incorporate homemade smoothies or premade nutritional drinks to help add calories and protein if needed.
  - Consider using a protein powder.
- To minimize chances of reflux:
  - Eat while sitting upright in a chair.
  - Use a wedge or pillows to elevate the head when sleeping.
- Ask your medical provider if your pills and/or capsules are small enough to be swallowed whole.
  - Drink at least 4 ounces of a clear liquid to aid swallowing pills.
- If you notice difficulty swallowing solid foods, reduce your diet to the Full Liquid/Pureed and contact your medical team.

Call your medical provider if you experience:

- Vomiting of food or blood
- Abdominal pain, bloating or hardness
- Difficulty or pain with swallowing that continues for more than one day
- Difficulty breathing

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# Food Suggestions for Home

## Try These:  

### Dairy Products
- Cottage cheese  
- Cheese  
- Milk (soy, almond, rice, cow)  
- Buttermilk  
- Yogurt  
- Sour cream

### Protein
- Fish  
- Poultry  
- Lamb  
- Lean beef or pork  
- Soft-cooked eggs  
- Casseroles  
- Tofu  
- Lentils, blended or refried beans  
- Hummus  
- Ground or fine-chopped nuts/seeds

- Needs to be flaky, shredded or ground texture.  
- Adding moisture helps swallow.

### Breads/Cereals/Grains
- Soft breads, pancakes, waffles  
- Soft rice  
- Cereals with milk  
- Barley  
- Quinoa  
- Well-cooked pasta

### Fruits
- Any cooked, blended or canned  
- Soft, ripe, peeled and deseeded  
- Fruit juice  
- Avocado  
- Applesauce

### Vegetables
- Any cooked, blended or canned  
- “Fork tender”  
- Vegetable juice

## Limit/avoid these:  

- Any dairy product containing hard fruit chunks or nuts.

- Tough, hard or dry meats (examples: bacon, fried meats, shellfish, etc)

- Whole nuts, seeds or membranes may not be tolerated.

- Popcorn seeds and hulls  
- Cereals without milk  
- Chips  
- Crackers

- Fresh fruit with seeds/skins  
- Dried fruits

- Fresh vegetables with skins/seeds  
- No raw carrots, cabbage.

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The material in this handout was intended to be given as part of a nutrition consult by SCCA registered dietitian.  
Created by the SCCA Medical Nutrition Therapy Department, 2015. Questions? Call 206-606-1148.