

# Dietary Instruction for Gastrointestinal Stent



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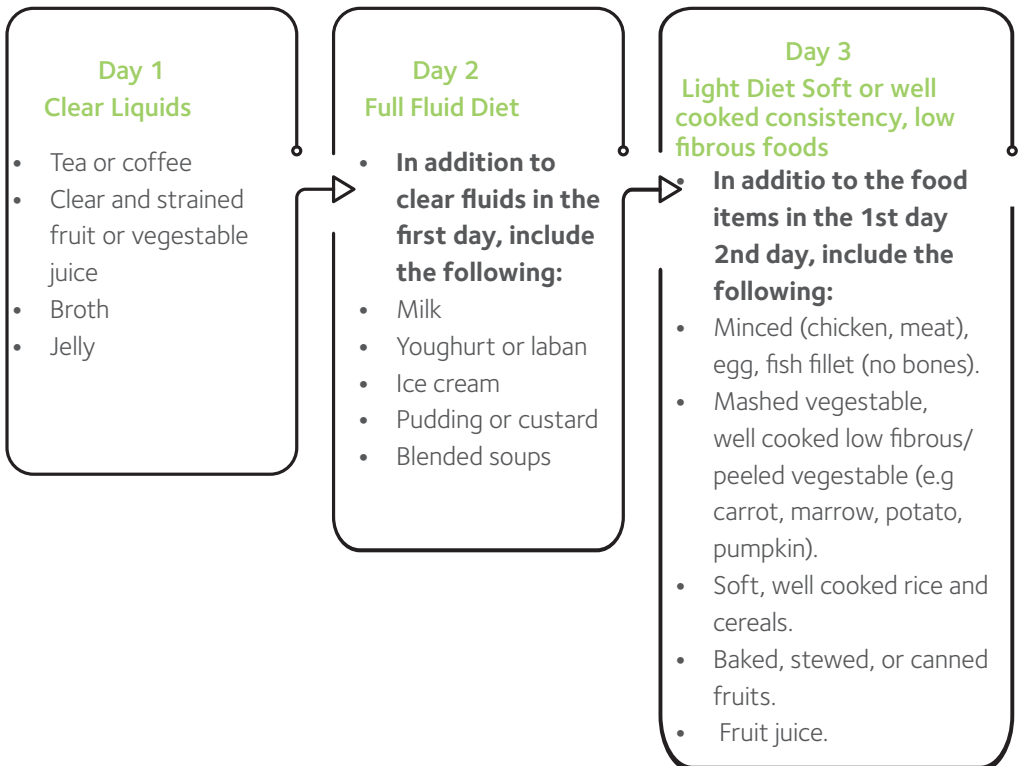
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## Introduction

A gastrointestinal (GI) stent is a small flexible tube that can be placed into the esophagus (food tube), stomach, intestines, or colon. The stent is used to keep open a narrow or blocked area in the GI tract. This makes it easier to pass food and beverages.

To help prevent the stent from getting blocked, you need to eat a special diet after a stent is placed. This diet includes foods that are soft and moist and easy to chew, swallow, and digest. These foods may be mashed, ground, or pureed.

Once the stent has been placed, your physician will advise you when it is safe to start eating and drinking. Unless otherwise indicated by your physician, the following are foods that you may eat during the first three days after undergoing the GI stent procedure:



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**In the following days it is advisable to gradually return to your usual meals, taking into consideration these tips:**

**Guidelines to follow when eating your meals:**

1. Start with fluids and then build up gradually to a soft diet.
2. Sit up straight when eating and stay upright for 30 to 60 minutes after you eat.
3. Drink plenty of fluids during and after a meal.
4. If it feels like food is stuck in your throat, stop eating and try taking sips of a carbonated drink.
5. Take small bites and chew your food well; swallow slowly.
6. Eat smaller meals throughout the day. Try to eat five to six small meals each day.
7. Foods should be moist, soft, and easy to swallow. Add sour cream, sauces, or gravy, to foods to keep them moist.
8. Do not eat before bedtime. Wait at least two to three hours to lie down after you eat. Elevate the head of your bed six to eight inches.

## Are there any foods I should avoid?

Yes. The below table illustrates allowed and not allowed foods.

| Type of food   | Allowed foods  | Foods to avoid   |
|--|--|--|
| <ul style="list-style-type: none"> <li>Fruit</li> </ul>      | <ul style="list-style-type: none"> <li>Soft fresh fruit (remove skins and seeds)</li> <li>Cooked or canned fruit (without skins and seeds)</li> <li>Pureed fruit, applesauce</li> <li>Fruit juice</li> <li>Fruit smoothies (seeds and skins strained)</li> </ul>   | <ul style="list-style-type: none"> <li>Crisp fruit</li> <li>Fresh fruit with peel</li> <li>Berries with skin, seeds, or pits (e.g. oranges, watermelon, pomegranate)</li> <li>Fibrous fruits (for example, orange, grapefruit, and pineapple)</li> <li>Dried fruit</li> </ul>                              |
| <ul style="list-style-type: none"> <li>Vegetables</li> </ul> | <ul style="list-style-type: none"> <li>Mashed potato with gravy</li> <li>Baked potato flesh (no skin) with gravy</li> <li>Soft chopped or mashed vegetable moistened with sauce or butter</li> <li>Tomato juice (strained)</li> <li>Vegetable juice</li> </ul>   | <ul style="list-style-type: none"> <li>Raw, crisp vegetables with skins and seeds</li> <li>Stringy vegetables (for example, celery or green beans)</li> <li>Corn, peas</li> <li>Potato with skins</li> <li>Leafy green vegetables, salad greens</li> </ul>   |
| <ul style="list-style-type: none"> <li>Grains</li> </ul>     | <ul style="list-style-type: none"> <li>Cut white bread or khobus</li> <li>Crackers or plain muffin or biscuit dipped in milk/coffee/tea</li> <li>Rice, quinoa, couscous</li> <li>Soft pasta or noodles with sauce</li> <li>Hot cereal (for example, oatmeal or Cream of Wheat)</li> <li>Cold cereal, softened with milk for five to ten minutes (for example, Rice Krispies, Corn Flakes)</li> <li>Pancakes, waffles</li> <li>Madrobha</li> <li>Aseedha</li> </ul> | <ul style="list-style-type: none"> <li>Brown Bread</li> <li>Dry crackers</li> <li>Croutons</li> <li>Granola cereal</li> <li>Breakfast cereal with dried fruit or nuts and seeds</li> <li>Peanuts, pecans, almonds, popcorn, etc.</li> <li>Freekeh</li> <li>Koshary</li> <li>Tormus-lupini beans</li> </ul> |

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| Type of food   | Allowed foods   | Foods to avoid   |
|--|---|--|
| <ul style="list-style-type: none"> <li>Dairy</li> </ul>                                    | <ul style="list-style-type: none"> <li>Milk</li> <li>Yogurt</li> <li>Cottage cheese or ricotta cheese</li> <li>Grated or shredded cheese, cheese slices</li> <li>Cheese sauce</li> </ul>  | <ul style="list-style-type: none"> <li>Hard cheeses</li> <li>Cheese mixed with nuts or green leafy vegetables</li> </ul>   |
| <ul style="list-style-type: none"> <li>Meat, poultry, and fish and alternatives</li> </ul> | <ul style="list-style-type: none"> <li>Ground meat or poultry with gravy</li> <li>Minced or finely chopped meat, moistened with sauce</li> <li>Moist, flaky fish</li> <li>Meat gravy</li> <li>Scrambled, soft boiled, poached or fried eggs</li> <li>Tender mashed (pureed) beans or lentils, hummus</li> <li>Tofu</li> </ul> | <ul style="list-style-type: none"> <li>Tough meat (steak)</li> <li>Big cuts of meats, poultry and fish which are not minced</li> <li>Fish with bones</li> <li>Hard-boiled egg</li> </ul> |
| <ul style="list-style-type: none"> <li>Soup</li> </ul>                                     | <ul style="list-style-type: none"> <li>Pureed soups</li> <li>Strained cream soups</li> <li>Broth, bouillon, consommé</li> <li>Soups with finely chopped soft vegetables or meat, noodles, grains</li> </ul>   | <ul style="list-style-type: none"> <li>Soups with big cuts of meats or vegetables</li> </ul>   |
| <ul style="list-style-type: none"> <li>Beverages</li> </ul>                                | <ul style="list-style-type: none"> <li>Strained Fruit smoothies (seeds and skins strained)</li> <li>Coffee, tea</li> <li>Fruit drinks</li> <li>Nutritional supplement</li> </ul>  | <ul style="list-style-type: none"> <li>Smoothies with fruit skins or seeds or nuts</li> </ul>  |

| Type of food   | Allowed foods  | Foods to avoid  |
|--|--|---|
| <ul style="list-style-type: none"> <li>• Desserts</li> </ul>       | <ul style="list-style-type: none"> <li>• Pudding, custard, mousse, jelly</li> <li>• Smooth ice cream, frozen yogurt, sorbet</li> <li>• Moist cake, soft pie</li> <li>• Chocolate without dried fruit or nuts or seeds</li> <li>• Cookies dipped in milk or tea to moisten (for example, arrowroot, gingersnaps or chocolate wafers)</li> </ul> | <ul style="list-style-type: none"> <li>• Crisp cookies</li> <li>• Dessert with hard or crumbly crusts</li> <li>• Dessert with nuts, coconut pieces, dried or candied fruit</li> <li>• Hard, crumbly cookies made with nuts or dried fruit</li> <li>• Baqlawa</li> </ul> |
| <ul style="list-style-type: none"> <li>• Nuts and other</li> </ul> | <ul style="list-style-type: none"> <li>• Sauces</li> <li>• Seedless jam or jelly</li> <li>• Ketchup and mustard paste</li> <li>• Tomato paste</li> <li>• Dried powder of herbs and spices</li> </ul>   | <ul style="list-style-type: none"> <li>• Nuts</li> <li>• Chips</li> <li>• Pretzels</li> <li>• Popcorn</li> <li>• Makdous – stuffed eggplant</li> </ul>  |

## Ideas for meals

### Breakfast

- Porridge/instant oat cereal made with milk.
- Plain biscuits or breakfast cereals (avoid any with nuts/dried fruit) soaked in plenty of milk.
- Omelette, scrambled, fried, or poached eggs.
- Soft fruit such as banana, stewed apple, or pear
- Cheese, butter, honey.
- Hommos.
- Labnah.



### Lunch/Dinner

- Soup prepared from the allowed food list.
- Pasta dishes with plenty of sauce.
- Tuna flakes.
- Tender meat with gravy.
- Fish (no bones) in a sauce.
- Chicken/beef stew (tender meat, cooked slowly).
- Corned beef hash, minced meat.
- Tofu in gravy/sauce.
- Soft, well cooked vegetables.
- Soft rice-based dishes.
- Mashed vegetables (e.g mashed potato, mashed carrot, etc.).
- Yoghurt/ Laban.



## Desserts and sweet snacks

- Milk puddings (e.g. rice pudding, semolina, tapioca, custard).
- Soft trifle.
- Soft stewed fruit with custard, cream, condensed/evaporated milk.
- Yoghurt.
- Egg custard/Crème caramel.
- Ice cream/Sorbet.
- Mousse/Instant whip/Milk or fruit jelly.
- Biscuits dipped in a hot drink to soften.
- Moist sponge cake.
- Jelly, chocolate (without nuts).



### Note:

When you choose food items, take into consideration the guidelines mentioned above.





