

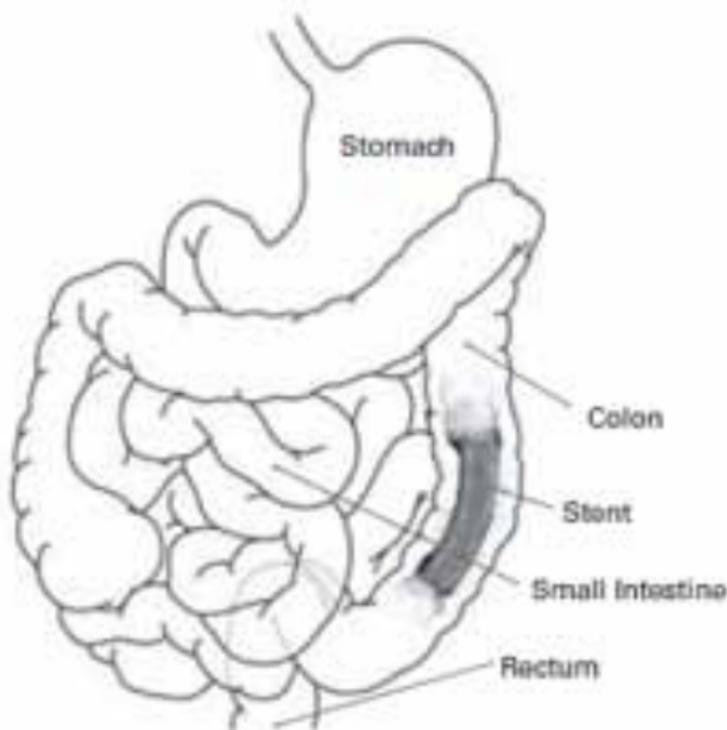
*A Guide for
Patients Living with
an Enteral Stent*



What should I expect during the procedure?

Your stent will be implanted by a doctor who is specially trained in this procedure. You may be given a mild sedative before the procedure to help you relax, but you will probably stay awake. During the procedure, the stent is mounted on a small tube called a delivery system, which is gently introduced either through the mouth for duodenal stenting or the rectum for colonic stenting.

If you experience pain, discomfort or nausea, please let your doctor know so that medication or other treatment may be provided to you. After the procedure, your doctor may prescribe a stool softener and/or laxative or medication that stimulates the contractions of the gastrointestinal tract.



What can I eat after the procedure?

Once the stent has been placed, your physician will advise you on when it is safe to start eating and drinking. You will start with fluids and then build up gradually to a soft diet. Unless otherwise indicated by your physician, the following are foods that you may eat during your first few days after undergoing the procedure.

Day 1 (day of the procedure)

Fluids only

- Water
- Tea or coffee
- Milk
- Fruit or vegetable juice
- Smoothie or milkshake (without lumps)
- Beef or chicken broth
- Soups (without lumps)

Day 2

Add smooth or pureed foods to your diet, including

- Pasta
- Mashed potato
- Soft bread
- Cereals
- Pudding or gelatin
- Yogurt
- Ice cream

Day 3

Add meat, fruit and vegetables to your diet, including

- Poultry
- Fish
- Minced beef
- Eggs
- Cooked vegetables
- Baked or canned fruits

Dietary Recommendations

Physicians frequently recommend the following dietary suggestions. Please discuss these recommendations with your doctor to determine what is most appropriate for you and your medical needs.

General Recommendations

- › Take drinks during and after each meal. Drink plenty of fluids throughout the day.
- › Cut your food into small pieces, take small mouthfuls and chew each mouthful thoroughly.
- › Take your time, relax and eat your meals slowly.
- › Sit upright at meal times, and for one-to-two hours afterwards.

Are there any foods I should avoid?

- › Fresh vegetables and fruit (e.g., celery, carrots, corn, lettuce, pineapple)
- › Foods with seeds (e.g., oranges, watermelon, tomatoes)
- › Fruit or vegetable skin (e.g., potato skins)
- › Nuts (e.g., peanuts, pecans, almonds, popcorn, etc.)
- › Tough meat (e.g., steak)



Questions for Your Doctor

The following are questions to ask your doctor as well as space to write your own questions. Your doctor is the best source of information regarding your condition.

After my enteral stent is placed, will I need further treatment?

Should I restrict my activity?

When may I resume normal activity and eating?

Will I be able to eat regular food?

What is an enteral stent?

An enteral stent is a flexible metallic tube, specially designed to hold your intestine open, which has been blocked or partially blocked.

Fluids and food move along the digestive tract from your mouth to your stomach and then to your intestines. Along the way, the body absorbs what it can use and the waste moves on to the rectum, where it is eliminated. When a blockage occurs along this path, symptoms, including bloating, nausea and pain may occur.

The stent is inserted to open the area of the intestine that has a blockage. Once it is placed in the obstructed area, it is designed to expand and open the channel so that waste can continue to move to the rectum.



