

## Oesophageal Stent – Reintroduction of Diet – Full Clinical Guideline

Reference No: CG-ENDO/2022/014

Guideline for Reintroduction of Diet/Fluids Post **OESOPHAGEAL** Stent insertion

**Ward inpatients, including 202:** Follow guideline below

**Day case Patients:** If the patient is being discharged home on the same day as the procedure, the Dietitian will need to see the patient and provide written/verbal advice before discharge.

Following stent placement, patients should build up their diet and fluid intake gradually as per the following protocol.

Not all patients will progress through the stages at the same pace and some may not be able to progress through all of the stages.

Day 1: **Refer to Dietitian electronically via ExtraMed.** Referrals are checked at 8am and 12pm, therefore if the discharge is planned that day, please bleep your ward dietitian to let them know there is an electronic referral waiting

Keep **NBM** for 1 hour post-procedure, then **fluids only** for first 24 hours

Day 2: If tolerating fluids well, start '**Gastro**' Menu; otherwise continue fluids only for a further 24 hours.

Start food charts.

Day 3: If tolerating 'gastro' menu well, start '**Puree**' menu (level 4); otherwise continue 'gastro' menu for a further 24 hours.

Continue food charts.

Day 4: If tolerating 'puree' diet well, start '**Minced & Moist**' menu (level 5); otherwise continue 'puree' menu for a further 24 hours.

Continue food charts.

### Additional information:

- Ensure patient is sat upright whilst feeding
- Encourage patient to drink a little during and after meals to prevent stent blockage
- Ensure family are aware of dietary restrictions so that they do not bring in inappropriate food items from home

**DO NOT DISCHARGE THE PATIENT HOME UNTIL THE DIETITIAN HAS PROVIDED THE PATIENT WITH VERBAL AND WRITTEN NUTRITIONAL ADVICE FOR HOME.**

**Documentation Controls**

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