



Bradford Teaching Hospitals
NHS Foundation Trust

Patient information

Dietary Advice Following Colonic Stent

Changing your diet can help to reduce the risk of stent blockages. The side effects of a blocked stent may include abdominal pain, nausea and vomiting. The following recommendations aim to help to soften stools, reduce their size and reduce the chance of pieces of food entering your bowel unchanged. Foods that can enter your bowel unchanged are those that contain fibre e.g. skins of fruit or vegetables and also tough pieces of meat or gristle.

What is Fibre?

Fibre is the part of plant foods including fruits, vegetables and grains that is not digested and passes through your gut intact. There are two main types of fibre and most foods are a mixture of both. For example the skins, seed and stalks of apple are high in insoluble fibre, while the flesh of apple is more soluble fibre.

Soluble Fibre: Eat more

Forms a gel within your gut. This helps you to have regular bowel movements and makes your stools softer and easier to pass. Good sources of soluble fibre include oats and the flesh of some fruits and vegetables.

Insoluble Fibre: Eat less

Insoluble fibre adds bulk to your stools which may make it more difficult for them to pass through your stent. Insoluble fibre is found in wholegrains, pulses, nuts and the skins, seeds and stalks of fruit and vegetables.

Tips

- Aim to eat more soluble fibre and less insoluble fibre
- Chew all your food thoroughly
- Avoid foods that are tough or stringy e.g. gristly meat
- Peel all fruit and vegetables
- Cooked fruit and vegetables are easier to digest
- Some foods may be blended e.g. beans. When blended the skins add to your insoluble fibre intake but without the risk of the skins building up in your stent
- Drink plenty of fluids to prevent constipation. Aim for 1.5 - 2 litres each day. All fluids (except alcohol) count towards your daily intake e.g. water, tea, coffee, milk, squash, juice, soups
- If you are vegetarian or already follow a restricted diet you may find these recommendations more difficult to follow, please ask to see a dietitian for further information.

Breads, grains and cereals	
Eat more	Eat less
• Refined breakfast cereals e.g. Cornflakes, Rice Krispies, Coco-pops, Frosties, Special K • Rolled oats, porridge, ready brek • White rice, pasta, couscous, sago, tapioca, semolina, polenta • Bread, chapatti, pastry, crumpets, crackers, cakes or biscuits made with white flour	• Wholegrain breakfast cereals or any with fruit, nuts or coconut e.g. Muesli, Bran flakes, All Bran, Weetabix • Brown rice, couscous or pasta • Crunchy muesli bars • Bread, chapatti, pastry, crumpets, crackers, cakes or biscuits made with wholemeal or granary flour • Breads, cakes, crackers and biscuits with added fruit, seeds or nuts
Dairy	
Eat more	Eat less
• All milk or dairy products and alternatives that do not contain dried fruit, nuts, coconut pieces or chunky fruit pieces	• All milk or dairy products and alternatives that contain dried fruit, nuts, coconut pieces or chunky fruit pieces

Vegetables	
Eat more	Eat less
• Make sure vegetables are peeled, deseeded and well cooked • Potatoes or chips with no skin • Squash, pumpkin, aubergine, courgette, carrots, swede, parsnip, turnip • Cooked cauliflower and broccoli florets (not stalks) • Tomato and cucumber with skins and seeds removed • Tomato puree, paste, passata • Asparagus tips (not stalks) • Strained vegetable juice • Avocado	• Skins, stalks and seeds of vegetables • Raw vegetables and salad leaves • Potatoes or chips with skin • Peas and sweetcorn • Mushrooms • Onions

Fruit	
Eat more	Eat less
• Make sure all fruit is ripe, peeled and deseeded • Banana, apple, pear • Papaya, mango, melon • Apricot, peach, nectarine • Stewed or blended fruit • Tinned fruits • Fruit juice (no pulp)	• Fruit with skin, pips or of a very 'fibrous' texture e.g. pineapple, rhubarb • Dried fruit • Berries • Citrus fruits e.g. oranges • Fruit juice with bits
Meat, poultry, fish and alternatives	
Eat more	Eat less
• Any tender/soft lean meat, chicken (no skin) and fish • Tofu or soya-based meat alternatives • Eggs • Smooth hummus	• Pulses e.g. Baked beans, lentils, soy beans, kidney beans (If you include beans or pulses aim to have small blended portions) • Fish with bones • Skin/fat on meat, poultry, sausages • Gristly/tough meat

Others	
Eat more	Eat less
• All fats including butter, margarine, oils, salad dressings, mayonnaise • Smooth peanut butter • Seedless and rindless jams and marmalade • Sugar, honey, syrups • Boiled sweets and chocolate with no fruit, nuts or coconut • Crisps • Gravy, salt, pepper, dried herbs, spices • Tomato sauce, brown sauce, smooth mustard	• Popcorn • Coconut • Nuts and seeds • Crunchy peanut butter • Jam or marmalade with seeds or rind • Chocolate with nuts or fruit • Chutney and pickles • Cereal/nut bars • Bombay mix • Seeded mustard

Meal and snack ideas

Breakfast

- Cornflakes, Coco-pops, Rice Krispies or Frosted Flakes with milk
- Porridge or Ready Brek with milk and honey or syrup
- Boiled, poached or scrambled eggs on white toast with butter
- White toast, crumpets or plain bagels with butter and seedless jam, honey, Nutella, smooth peanut butter, cream cheese or Marmite
- Croissants or pain au chocolat
- Banana, mango or melon with Greek yoghurt

Lunch and evening meal

- Meat, poultry or fish with potatoes (no skin), cooked vegetables from the 'eat more' list and gravy
- Pasta with smooth tomato or creamy sauce and cheese
- Tinned spaghetti with cheese on white toast.
- Chicken, ham, turkey, cheese or egg sandwiches made with white bread, butter, mayonnaise or salad cream
- Cream of chicken or tomato soup
- Baked potato (without skin) with tuna or egg and mayonnaise.
- Fish pie made with boneless fish, peeled potatoes and cooked vegetables from the 'eat more' list
- Meat, chicken, fish or potato curry made with white rice or chapatti made with white flour

Desserts and snacks

- Jelly
- Chocolate or sponge cake with cream
- Scones with cream and seedless jam
- Custard
- Rice pudding
- Ice cream
- Chocolate or plain biscuits
- Smooth yoghurt or fromage frais
- Ripe, soft and peeled fruit e.g. melon, peach, apple or pear
- Stewed or tinned fruits without skins or pith
- Cheese and crackers (no wholemeal or seeded varieties)
- Sweets or plain chocolate
- Croissants, pain au chocolat or brioche
- Crisps

Notes

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Contact details:

Telephone 01274 365108 (8.30am-4.30pm) answerphone available outside of office hours.

People with hearing and speech difficulties, you can contact us using the Relay UK app. Textphone users will need to dial 18001 before the number to be contacted.

Email: Dietitians.office@bthft.nhs.uk

Website: www.bradfordhospitals.nhs.uk/nutrition-and-dietetic/

Accessible Information

If you need this information in another format or language, please ask a member of staff to arrange this for you.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.

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