Diet following insertion of a lower gastro-intestinal (GI) stent

Why is diet important after GI stents:
- To enable food to go through your bowel easily
- To reduce the risk of the stent blocking.
- To prevent side effects of a blocked stent which may include; abdominal pain, nausea and vomiting.

Diet Recommendations are:
- Choose low fibre options (see list).
- Chew all food thoroughly.
- Avoid any food that is tough and/or stringy eg. tough gristly meat
- Drink plenty of fluids.

Other helpful hints:
- Your doctor might suggest that you take laxatives to ensure regular, soft bowel motions.
- You may need to eat and drink more often to maintain your weight and prevent dehydration. Eat six (6) small meals a day instead of 3 larger ones. This important for people who get tired when eating larger meals or people who are slow eaters.
- Modify the meals that the rest of your household is eating. This will save time and money.

Diet modification for Lower GI Stents:
- Lower GI stents include those placed in the large bowel or the colon.
- Your gastroenterologist will inform you of where your stent has been placed in the Lower GI tract.
- It is important to avoid certain high risk foods depending on where your stent is placed.
Low Fibre diet

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>INCLUDE</th>
<th>AVOID</th>
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</table>
| Bread, Cereals, Rice, Pasta, Noodles | • White bread/ crumpets/ English muffins  
  • Refined breakfast cereals eg Rice Bubbles™, Cornflakes™, Special K™  
  • White rice/ pasta, sago, tapioca, semolina  
  • White flour, cornflour, custard powder  
  • Plain sweet and savoury biscuits or cakes | • Wholemeal/ wholegrain bread, crumpets, fruit bread/ rye bread  
  • Wholegrain breakfast cereals or any with fruit, nuts or coconut eg Muesli, All Bran™, Weetbix™  
  • Oats and oat bran, muesli bars  
  • Brown rice, pasta, maize  
  • Wholemeal flour, wheatgerm  
  • Sweet and savoury biscuits or cakes made with wholemeal flour, nuts, dried fruit or coconut |
| Vegetables | Ensure all vegetables are peeled and well cooked  
  • Potato, pumpkin and zucchini  
  • Cauliflower and broccoli tips  
  • Tomato and cucumber with skins and seeds removed  
  • Spring onions, lettuce, asparagus spears and button mushrooms  
  • Well strained vegetable juice  
  • Tomato puree or paste | • All raw vegetables  
  • All other vegetables not listed in the foods to include |
| Fruit | • Pawpaw and melon (no seeds)  
  • Well cooked fruit with no skin or pips  
  • Canned fruits except pineapple, mango and grapes  
  • Well strained fruit juice | • Fruit with skin, pips or of a very “fibrous” texture  
  • Dried fruit  
  • All fruits not listed in "foods to include” |
| Milk, yogurt, cheese | • All varieties of milk  
  • Plain yoghurt, custard, vanilla, Fruche™, plain cheese, plain or flavoured icecream | • Ice cream or gelati containing dried fruit, nuts or coconut  
  • Products containing “chunky fruit” pieces |
<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>INCLUDE</th>
<th>AVOID</th>
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<tbody>
<tr>
<td>Meat, fish, poultry, eggs, nuts, legumes</td>
<td>• Any tender/soft lean meat, chicken (no skin) and fish</td>
<td>• Legumes eg. baked beans, lentils, soy beans, kidney beans</td>
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<tr>
<td></td>
<td>• Tofu</td>
<td>• Nuts and seeds</td>
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<td></td>
<td>• Eggs</td>
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<tr>
<td>Miscellaneous</td>
<td>• All fats including butter, margarine, salad dressings, mayonnaise</td>
<td>• Popcorn, coconut, crunchy peanut paste, chocolate with nuts and fruit</td>
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<td>• Sugar, honey, syrups, icecream toppings</td>
<td>• Chutney and pickles</td>
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<td></td>
<td>• Boiled lollies, jubes, chocolate with no fruit, nuts or coconut</td>
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<td></td>
<td>• Spreads without seeds or skin</td>
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<td></td>
<td>• Soup made from allowed ingredients, Bonox™</td>
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<tr>
<td></td>
<td>• Alcohol</td>
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<td></td>
<td>• Any desserts made from allowed foods e.g. junket, jelly, custard, ice cream</td>
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<td>• Gravy, salt, pepper, dried herbs, spices</td>
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**SAMPLE MEAL PLAN**

**Breakfast:**
- 1 glass strained fruit juice.
- Rice bubbles with milk/sugar
- White toast / bread / crumpets with margarine / butter and honey / jam / vegemite.
- Egg / cheese, if desired.

**Lunch:**
- Tender meat / chicken / fish / egg / cheese.
- White bread and margarine / butter.
- Tinned fruit and custard or plain cake.
- Cup of tea or coffee

**Dinner:**
- Strained soup
- Tender meat / chicken / fish / egg / cheese.
- Potato, white rice or pasta.
- Small serve of allowed vegetables
- Bowl of plain ice cream
- Cup of tea or coffee

Snacks between meals: Milo made on milk, plain cake / biscuits, plain yogurt

For further information contact your Dietitian: ____________________________