

## Soft Diet After Gastrointestinal (GI) Stent

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A Gastrointestinal (GI) stent is a small flexible tube that can be placed into the esophagus (food tube), stomach or duodenum (small intestine). The stent is used to keep open a narrow or blocked area in the GI tract. This makes it easier to swallow 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.

### Guidelines to Follow When Eating a Soft Diet

- Eat smaller meals throughout the day. Try to eat 5 to 6 small meals each day.
- Keep portion sizes small.
- Take small bites and chew your food slowly.
- Foods should be moist, soft and easy to swallow. Add sour cream or sauces, or gravy to foods to keep them moist.
- Sit up straight when eating and stay upright for 30 to 60 minutes after you eat.
- Do not eat before bedtime. Wait at least 2 to 3 hours to lie down after you eat. Elevate the head of your bed 6 to 8 inches.
- Drink plenty of fluids during and after a meal.
- If you take large pills, talk to your doctor and pharmacist to see if it is safe to crush certain medicines.
- If food feels stuck in your throat, stop eating and try sips of a carbonated drink (soda).
- If you have problems eating or if you lose weight, try nutrition supplement drinks such as Boost, Ensure, Carnation Instant Breakfast, Resource or Breeze.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

Here are the diet guidelines to follow:

Food Group	Choose	Do NOT Choose
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Milk (skim, 1%, 2% or whole)</li> <li>• Creamer, Half and Half</li> <li>• Apple or Grape juice</li> <li>• Broth</li> <li>• Non-dairy milk</li> <li>• Coffee</li> <li>• Teas</li> <li>• Nutrition Supplement Drinks</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit juices such as pineapple, orange and grapefruit juice with heavy pulp</li> <li>• Carbonated (fizzy/soda) drinks</li> </ul>
<b>Rice, Pasta, Breads and Cereals</b>	<ul style="list-style-type: none"> <li>• Cooked cereals</li> <li>• Well cooked soft pasta, macaroni or noodles</li> <li>• Mashed potatoes</li> <li>• Baked potatoes or yams (no skin)</li> <li>• Soft moist white rice</li> <li>• Pancakes/waffles softened with syrup or butter</li> <li>• Dry cereal softened with milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain breads or toast</li> <li>• Bread with nuts, seeds, berries or raisins</li> <li>• High fiber cereals or bran cereals</li> <li>• Dry cereals</li> <li>• Cereal with nuts, seeds, berries or raisins</li> <li>• Wild or brown rice</li> <li>• Whole grain pastas</li> <li>• Croutons</li> <li>• Chips</li> <li>• Popcorn</li> <li>• Crackers</li> <li>• Pretzels</li> <li>• Brown rice</li> <li>• Coconut</li> <li>• Cereal bars</li> <li>• Protein bars</li> <li>• French toast</li> <li>• Crispy grain foods with hard edges (snack chips)</li> </ul>

Food Group	Choose	Do NOT Choose
<b>Meats / Meat Substitutes</b>	<ul style="list-style-type: none"> <li>• Tender chicken or turkey with no skin (cut in very small pieces, with gravy)</li> <li>• Moist fish</li> <li>• Soft eggs</li> <li>• Tofu with sauce</li> <li>• Quiche/omelet with small well cooked vegetables or cheese</li> <li>• Ground meats/meatloaf</li> <li>• Casseroles</li> <li>• Canned tuna or chicken</li> <li>• Tuna, egg, chicken or ham salad with very small pieces of meat (Use mayonnaise to moisten well)</li> </ul>	<ul style="list-style-type: none"> <li>• Meat with gristle</li> <li>• Meats with casings (hot dogs, sausage)</li> <li>• Seasoned, cured or processed smoked meats (lunch meats)</li> <li>• Shellfish</li> <li>• Fish with bones</li> <li>• Nuts</li> <li>• Peanut butter and Chunky peanut butter</li> <li>• Beans</li> <li>• Seeds</li> <li>• Hard shell tacos</li> <li>• Steak</li> <li>• Bacon</li> <li>• Dry or tough meats</li> <li>• Hard boiled egg</li> <li>• Protein bars</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Cooked, canned or mashed fruits without skins, seeds or fibers</li> <li>• Smooth applesauce</li> <li>• Banana</li> <li>• Baby food fruits</li> <li>• All juices with no pulp</li> </ul>	<ul style="list-style-type: none"> <li>• Dried fruits</li> <li>• Fruits with seeds or skin</li> <li>• Juice with pulp</li> <li>• Pineapple</li> <li>• Fresh orange or grapefruit</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Well cooked, canned or mashed vegetables</li> <li>• Baby food vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables, stems or seeds</li> <li>• Celery (stringy vegetables)</li> <li>• Peas/corn</li> <li>• Potato skins</li> <li>• Fresh salads - lettuce, cabbage, kale</li> <li>• Leafy green vegetables</li> <li>• Sauerkraut and pickled vegetables</li> </ul>

Food Group	Choose	Do NOT Choose
<b>Milk and Dairy</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Milkshakes</li> <li>• Cheese (soft or melted)</li> <li>• Smooth yogurt</li> <li>• Pudding</li> <li>• Smooth ice cream</li> <li>• Cottage cheese/Cream cheese</li> <li>• Custard</li> <li>• Frozen yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Milk or Dairy mixed with fruits chunks, candy, coconut, seeds or nuts</li> </ul>
<b>Desserts</b>	<ul style="list-style-type: none"> <li>• Pudding</li> <li>• Custards</li> <li>• Sherbet</li> <li>• Gelatin (Jell-O)</li> <li>• Whipped fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Desserts with nuts, seeds, fruits, coconut, dried fruits</li> </ul>
<b>Snacks and other foods</b>	<ul style="list-style-type: none"> <li>• Soft butter</li> <li>• Mustard/Ketchup</li> <li>• Mayonnaise</li> </ul>	<ul style="list-style-type: none"> <li>• Jam or jelly with seeds or fruit pieces</li> <li>• Whole spices</li> <li>• Fresh herbs</li> <li>• Popcorn</li> <li>• Potato chips</li> <li>• Corn or taco chips</li> <li>• Crackers with nuts or seeds</li> </ul>

### When to call your doctor?

- Tell your doctor if you lose weight.
- If the stent feels blocked and has not cleared after 1 to 2 hours, call your doctor.