

**ESOPHAGEAL
STENT**

Esophageal stent

Appointment:

Date: _____ **Time:** _____

Campus: _____

*This booklet contains general information which cannot be construed as specific advice to an individual patient. All statements in the booklet **must be** interpreted by your personal physician/therapist who has the knowledge of the stage and/or extent of your particular medical condition.*

This booklet was prepared in joint collaboration with the GI/Endoscopy Unit staff and physicians.

P411 (04/03)

Printed at The Ottawa Hospital

What is a stent?

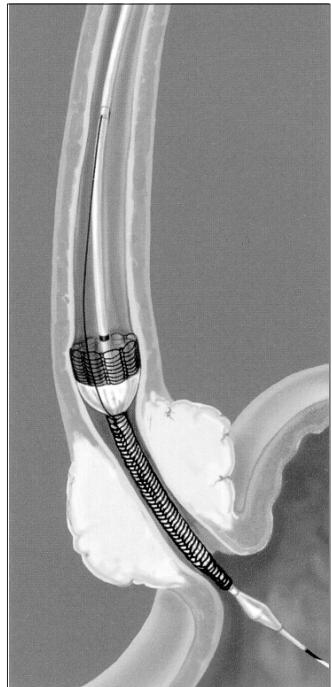
A stent is an expandable tube placed inside the esophagus to open a narrowed area.

Will the stent cure the cause of the blockage?

No. However it should improve your quality of life by restoring normal swallowing, therefore making eating a more pleasant experience.

How will the doctor insert the stent?

After receiving medication to relax, the stent will be advanced into the esophagus with the use of a gastroscope.



Will the stent be uncomfortable after it is in place?

For the first 24 hours you may feel a slight pain behind your breastbone or in your throat. This will be relieved with a mild pain medication. After the first couple of days, most patients aren't aware that they have a stent.

How will I feel after the procedure?

- You may have a sore throat, hoarseness and dry cough. Drinking fluids, gargling with salt water or sucking lozenges will help.
- You may have a slight fever for 24 hours.
- You may cough up blood tinged mucus.

Because of the sedation you received you should :

- not drive a car or operate machines for the next 24 hours. It is against the law (Criminal Code) to drive a motorized vehicle under the influence of sedative drugs;
- avoid signing legal papers or making important decisions for 24 hours;
- not perform activities requiring coordination;
- not drink beer, wine, alcohol, take sleeping pills or drugs for nervousness for 24 hours.

When can I eat?

Six hours after the procedure you may try sips of water. Your physician will decide when your diet may be increased to the food shown below.

Do I have to take any precautions when I eat?

- Cut food in small pieces and chew thoroughly.
- Try eating smaller portions several times a day.
- Drink frequently during meals.
- Eat with head and shoulder elevated.
- Remain upright for an hour after eating.
- Use liquid forms of medications whenever possible.

What can I eat?

Select

- warm liquids
- carbonated non-diet drink
- soups
- porridge
- pasta and sauce
- mashed potatoes
- minced meat in gravy/sauce
- cooked or canned fish
- soft-boiled, scrambled eggs
- well cooked vegetables
- canned skinless fruit
- ice cream, shakes, yogurt
- pudding
- crackers or toast

Avoid

- extremely hot or cold food
- dry food (chips)
- ice
- spicy food
- BBQ meat
- crackers or toasts
- meat, fruit or vegetables with skin
- raw vegetables and fruits
- acidic food (oranges, tomatoes)
- soft bread or rolls

Can the stent itself become blocked?

If you follow food selection and eating guidelines, it should not block. If food becomes stuck in the stent, it can be removed with a gastroscope.

Will I have to change my activities after the stent is in place?

- Resume your normal activities as tolerated.
- Sleep with head of bed elevated at least 6 inches.
- Avoid bending or stooping.

Can the stent dislodge?

Yes, although it is rare.

Notify your doctor at _____ or go to the nearest Emergency if you experience:

- shortness of breath/chest pain;
- coughing up large amount of blood;
- fever or chills after 24 hours;
- dizziness accompanied by a fainting spell.

My allergies are:

List of medication(s):
