Having an enteral stent inserted

What is an Enteral Stent?
Your doctor has recommended the placement of a stent in your stomach or small bowel to improve your symptoms of a blockage. A stent is a self-expanding wire mesh tube that is designed to hold the blocked area in your bowel open.

The doctor will place the stent using an endoscope, which is a long, narrow camera that is inserted via the mouth and will allow him/her to look directly at the area to be treated. A more detailed description of the Gastroscopy (endoscopy) procedure can be found in the attached general information sheet.

How is the stent placed?
You would normally already be an inpatient before this procedure is carried out. The stomach needs to be empty and this would require at least a 6 hour fast and sometimes longer. The procedure is usually carried out in X-ray to help position the stent in the correct place.

You will have a cannula, a small plastic intravenous tube, placed in your hand or arm through which you will be given a sedative and pain relieving drugs. Although you will not be fully asleep, you will be relaxed and drowsy. A nurse will be with you all the time to ensure you are comfortable and will top up your sedation if you need it. Although you will be sleepy you will not be fully asleep during the procedure. You may be aware of the camera passing down the throat into the stomach and this may make you cough or retch. It is not painful and does not affect your breathing. The procedure takes between 15 and 30 minutes.

Once the camera has been passed into the correct position, a wire will be passed under X-ray guidance across the narrowing. The stent is then passed over the wire and deployed. It expands over 24-48 hours to about 20mm in diameter.
What will happen afterwards?
You will be cared for in the recovery area after your procedure. The nurse will monitor your recovery by checking your oxygen levels, heart rate and blood and ensure you are comfortable before being returned to the ward. If you are well at 4 hours following the procedure you will be allowed to drink clear fluids. We do not recommend any food for the first 24 hours. You will need to continue on a modified, low residue, pureed diet longer term to prevent the stent from blocking. The nursing staff and dietician will talk to you about your diet before you are discharged home.

What kind of food can I eat?

<table>
<thead>
<tr>
<th>Foods to AVOID</th>
<th>Suitable Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td>Tender meat/poultry cut across the grain</td>
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<tr>
<td>Tough fibrous meats</td>
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<tr>
<td>Fresh/doughy crispy bread</td>
<td>Old bread, toast</td>
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<tr>
<td>Hard foods such as nuts, crisps, crackers, hard chips</td>
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<tr>
<td>Hard boiled eggs</td>
<td>Scrambled, poached, omelette, egg mayonnaise</td>
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<tr>
<td>Fruit with pith, pips and stringy texture e.g. rhubarb, strawberries, raspberries, kiwis</td>
<td>Fruit juices Bananas, melon (remove pips)Skinless grapefruit/orange segments Stewed apple (no skins/pips)Seedless &amp; skinless grapes Peaches &amp; nectarines (no skin/pips)</td>
</tr>
<tr>
<td>Vegetables with pips and stringy textures e.g. celery, green beans, sweetcorn, peas, Broccoli &amp; cauliflower stalks</td>
<td>Vegetables without pips and stringy textures e.g. carrot, parsnip, broccoli, cauliflower tips, courgette. Mushy peas</td>
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<tr>
<td>Nuts and dried fruit, celery</td>
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Are there complications?
Complications are uncommon. The main risks of the procedure are:

- Perforation (making a hole in the bowel) which occurs in up to 1% of procedures
- Bleeding (rare)
- ‘Stent migration’ where the stent slips, occurring in around 5-10% of procedures.

The doctor will be happy to discuss the procedure and answer any questions that you have before the procedure.

If you have any queries regarding the procedure please call the Endoscopy Unit on:

01895 279214  Monday - Friday 0900 hrs -1700 hrs
Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

Jeśli jesteś zainteresowany innym formatem informacji, w innym języku lub w rozmiarze tekstu większym, proszę skontaktować się z biurem informacji pacjenta pod numerem telefonu: 01895 279973.

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973.