

Patient and Carer Information

DIETARY ADVICE FOLLOWING COLONIC STENT

Following the insertion of a colonic stent it is necessary to adjust your diet, both immediately after the procedure and in the long term. This booklet provides guidance on how to do this. The diet which is advised is low in fibre (or 'roughage').

What is fibre?

Dietary fibre is the part of fruit, vegetables and cereal products which are not digested but continue to pass through the gut to help add bulk and soften our stools.

Why do I need a low fibre diet?

Eating a diet low in fibre can slow the rate at which food passes through the gut, which may help to prevent diarrhoea. It also reduces the bulk of your stool, making it easier for the stool to pass through the stent.

Which foods are fibre free?

Meat, poultry, fish, eggs, cheese, milk and smooth yoghurts/fromage frais, butter/margarine and oils do not contain fibre and can be eaten as usual.

Will I become constipated?

A low fibre diet still contains some fibre. It is however very important that you ensure a good fluid intake whilst on this diet. You should aim to have 8-10 glasses (1.5 – 2 litres) of fluid per day. This can include water, squash, fruit juice, tea, coffee or fizzy drinks.

If you are concerned about constipation or are having trouble opening your bowels, contact your doctor or specialist nurse for advice. Sometimes it is necessary to replace the fibre in your diet with a softening agent to prevent, or treat, constipation.

Other recommendations

- Always try to sit in an upright position when eating and for a while after
- Try to eat 'little and often' throughout the day. 3 small meals with snacks in between are preferable to 3 large meals
- Following a low fibre diet can be more difficult if you are vegetarian. If you are vegetarian you will be referred to the dietitian for further advice

DAY 1 (day of the procedure)

Fluids only. This may include: water, tea, coffee, squash, milk, milk shakes, fruit juices (without bits), thin soups (liquid only)

DAY 2

Fluids – as above. 'Plain' low fibre foods – e.g. white pasta, mashed potatoes, white soft bread, low fibre breakfast cereals (see table below), smooth yoghurt, ice cream (without added fruit or nuts), jellies.

DAY 3 and onwards

Try to ensure a regular meal pattern and include a variety of foods to ensure a balanced diet. Try not to eat all fruit and vegetables at one meal – spread them out across the day.

	Low fibre foods allowed	High fibre foods to avoid
Bread & flour	White flour, white bread, pastry made with white flour, Yorkshire puddings (with white flour)	Wholemeal, granary, rye or brown breads. High fibre white or '50:50' breads. Pastry made with wholemeal flour
Breakfast Cereals	Cornflakes, Frosties, Rice Krispies, Cheerios, Special K, Sugar Puffs	All wholegrain breakfast cereals – Weetabix, All Bran, Shredded Wheat, Branflakes, Shreddies, muesli, porridge, Ready Brek, any cereals with added fruit or nuts
Pasta & rice	White rice and pasta	Brown rice, whole wheat pasta
Biscuits & crackers	Biscuits made with white flour, e.g. Rich tea, custard creams, shortbread, cream crackers	Wholegrain biscuits or biscuits containing dried fruit or nuts, e.g. Digestives, Hob Nobs, flapjack, fig rolls, oatcakes, cereal bars
Cakes & desserts	Cakes made with white flour, e.g. sponge cakes, plain scones. Milk puddings, custard, ice cream (without nuts), jelly, mousses, smooth yoghurt or fromage frais	Cakes containing wholemeal flour, dried fruit or nuts, fruit cakes, mince pies. Sponge puddings or pies containing high fibre fruits, yoghurt/fromage frais containing muesli
Fruit	Fruit juice (as desired) Lower fibre fruits – maximum 2 portions per day , e.g. peeled apple, peeled pear, banana, cherries, grapes, melon, peaches & nectarines (flesh only), tinned fruit. Smoothies (maximum 1 glass/day)	All dried fruits (apricots, currants, sultanas, prunes etc), berry fruits, citrus fruits, kiwi
Vegetables	Carrots, cauliflower florets, swede, turnip, marrow, cooked onions, beetroot, celery, mushrooms, courgette, cucumber, lettuce, tinned tomatoes, leeks, peppers, cress, radish	Cabbage, broccoli, sprouts, sweetcorn, green beans, avocado, aubergine, parsnip, sweet potato, Quorn Pureed or liquidised vegetables (unless listed opposite)
Pulses	None	All pulses, peas, baked beans, broad beans, lentils, chick peas, red kidney beans
Nuts & seeds	None	All nuts and seeds, coconut, peanut butter, marzipan
Potatoes	Peeled boiled potatoes, jacket potato (do not eat skin), mashed potato, roast potato	Potatoes cooked in skins Chips

Soups	Tinned cream of tomato, mushroom, chicken, oxtail	Fresh or carton soups, any soup containing vegetables or lentils
Snacks & chocolate	Potato crisps, chocolate (plain, milk or white), sweets	Popcorn, tortilla chips, Bombay mix, Twiglets, any chocolate or sweet containing dried fruit, coconut or nuts, cereal bars
Spreads	Jam, marmalade, honey, Marmite, lemon curd	Peanut butter, other nut butters

What if my appetite is poor?

If your appetite is poor or you are losing weight, try the following:

- Ensure that you are eating 'little and often' throughout the day. Aim for 3 small meals each day with additional snacks mid-morning, mid-afternoon and during the evening
- Choose high calorie foods that are 'energy dense'. Avoid low fat, low calorie or sugar free products
- Choose nourishing drinks in preference to tea, coffee or water. Try milky drinks (milkshakes, hot chocolate or coffee made with full fat milk, malted drinks)

If you are concerned about your appetite or weight loss, request a referral to the dietitian for further advice.

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If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.