

## **Diet tips for when you have a new ileostomy**

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An ileostomy is a surgical opening from the small bowel to the skin. The opening, called a stoma, goes through the skin to an attached pouch that collects stool. Your ileostomy may be temporary or permanent.

When you have an ileostomy, the food you eat and drink no longer travels through your entire bowel. This means there is less time to absorb the fluids you drink and some nutrients you eat.

The food you eat and fluids you drink can affect:

- how much gas you produce
  - the odour of your stool
  - the consistency of your stool (liquid or soft)
  - the volume (amount) of stool you produce
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## Possible nutrition problems when you have an ileostomy

Intestinal Blockage	What To Do
<p>Right after surgery, you have an increased chance of having a blockage in the stoma. Your ileostomy is swollen and the opening is narrow.</p> <p>Follow the tips in the “What To Do” column to the right for the first <b>6 to 8 weeks</b> after your surgery to reduce your chance of a blockage.</p>	<p>Eat slowly.</p> <p>Chew your food very well (until your food is a smooth paste in your mouth).</p> <p>Cook all vegetables until soft (can be mashed with a fork).</p> <p>Remove seeds and skins from fruit and vegetables.</p> <p>Do not eat raw vegetables or salads.</p> <p><b>Limit these high fibre foods:</b></p> <p><b>Fruit:</b></p> <ul style="list-style-type: none"> <li>• berries</li> <li>• cherries</li> <li>• citrus fruits</li> <li>• dried fruit</li> <li>• grapes</li> <li>• pineapple</li> </ul> <p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• bean sprouts</li> <li>• cabbage</li> <li>• celery</li> <li>• corn</li> <li>• chinese vegetables</li> <li>• lettuce</li> <li>• mushrooms</li> <li>• onions</li> <li>• peas</li> <li>• peppers</li> <li>• tomatoes</li> </ul> <p><b>Meat/Protein:</b></p> <ul style="list-style-type: none"> <li>• beans</li> <li>• legumes</li> <li>• lentils</li> <li>• sausage with thick casings</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• bran</li> <li>• bread with seeds/ dried fruit</li> <li>• coconut</li> <li>• granola</li> <li>• popcorn</li> <li>• seeds</li> <li>• trail mix</li> <li>• wild rice</li> </ul>

Diarrhea/High Output	What To Do
<p>It is very easy to lose large amounts of water and electrolytes through your ileostomy when you have diarrhea. This is called dehydration.</p> <p>Dehydration can slow your recovery.</p> <p>Signs of dehydration:</p> <ul style="list-style-type: none"> <li>• dry, sticky mouth and increased thirst</li> <li>• lightheadedness or fainting</li> <li>• tiredness</li> <li>• irritability</li> <li>• headache</li> <li>• flushed skin</li> <li>• dark, strong smelling urine</li> <li>• muscle cramps</li> <li>• fast heart rate</li> </ul> <p>Follow the tips in the “What To Do” column to the right for <b>6 to 8 weeks</b> after surgery to decrease your risk of dehydration.</p>	<p>Eat slowly.</p> <p>Eat 6 to 8 small meals or snacks daily, or every 2 to 3 hours.</p> <p>Choose foods that thicken your stool, such as:</p> <ul style="list-style-type: none"> <li>• applesauce</li> <li>• bananas</li> <li>• bread</li> <li>• cheese</li> <li>• crackers</li> <li>• greek yogurt</li> <li>• marshmallows</li> <li>• oatmeal</li> <li>• pasta</li> <li>• peanut butter</li> <li>• potatoes</li> <li>• pretzels</li> <li>• rice</li> <li>• tapioca</li> </ul> <p>Include foods with protein each time you eat to slow digestion, such as:</p> <ul style="list-style-type: none"> <li>• eggs</li> <li>• fish</li> <li>• chicken, turkey</li> <li>• red meat</li> <li>• milk</li> <li>• cheese</li> <li>• greek yogurt</li> <li>• tofu</li> </ul> <p>Include salty foods and snacks such as pretzels, saltine crackers, or potato chips to absorb water.</p> <p>Limit foods that may contribute to diarrhea such as spicy foods, or high fibre foods (<b>see chart on page 2 for list of foods to limit</b>).</p> <p>Avoid sugary beverages such as juice, lemonade, iced tea, or pop.</p> <p>Avoid diet products such as gum, pudding or yogurt as these contain sugar alcohols (sorbitol, xylitol, mannitol) that can worsen diarrhea.</p>

<b>Diarrhea/High Output</b>	<b>What To Do</b>				
<p>... Continued from page 3</p>	<p>Limit water, tea, coffee and milk to less than 2 cups per day. Instead choose liquids that are lower in sugar and contain salt/sodium, such as:</p> <ul style="list-style-type: none"> <li>• dilute juice</li> <li>• Gatorade®</li> <li>• G2®</li> <li>• Powerade®</li> <li>• Milo Sport®</li> <li>• tomato juice</li> <li>• clamato juice</li> <li>• soup broth</li> </ul> <p>You may need to drink an oral rehydration solution (ORS) if your output is more than 1.5 litres (6 cups) a day. ORS contain a mix of fluid, carbohydrates (sugar) and electrolytes (salt, potassium) that help reduce those lost in your stool.</p> <p>You can buy commercial brands of ORS such as Pedialyte®, Gastrolyte® or Ceralyte®, or make your own.</p> <p><b>Homemade Oral Rehydration Solutions:</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;">                 2 cups of Gatorade®                  2 cups of water                  ½ tsp salt             </td> <td style="width: 50%; padding: 5px;">                 3 ½ cups of water                  ½ cup of juice (any kind)                  ½ tsp of salt             </td> </tr> <tr> <td style="width: 50%; padding: 5px;">                 4 cups of water                  6 tsp of sugar                  ½ tsp of salt                  1 cup orange juice             </td> <td style="width: 50%; padding: 5px;">                 4 cups of water                  6 tsp of sugar                  ½ tsp of salt                  1 package of Crystal Light® – any flavour             </td> </tr> </table> <p>You need to drink _____ cups of ORS to keep hydrated.</p>	2 cups of Gatorade® 2 cups of water ½ tsp salt	3 ½ cups of water ½ cup of juice (any kind) ½ tsp of salt	4 cups of water 6 tsp of sugar ½ tsp of salt 1 cup orange juice	4 cups of water 6 tsp of sugar ½ tsp of salt 1 package of Crystal Light® – any flavour
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	<b>Foods that may make it worse</b>	<b>What To Do</b>
<b>Gas</b>	<ul style="list-style-type: none"> <li>• broccoli</li> <li>• cauliflower</li> <li>• brussel sprouts</li> <li>• asparagus</li> <li>• corn</li> <li>• onions</li> <li>• cabbage</li> <li>• turnip</li> <li>• peppers</li> <li>• cucumber</li> <li>• sweet potato</li> <li>• radishes</li> <li>• melon</li> <li>• coffee</li> <li>• milk products</li> <li>• strong cheeses</li> <li>• sauerkraut</li> <li>• eggs</li> <li>• pickles</li> <li>• chives</li> <li>• spicy foods</li> <li>• bran</li> <li>• fried foods</li> <li>• lentils</li> <li>• dried peas</li> <li>• alcohol</li> <li>• soda</li> <li>• beans</li> </ul>	<p>Eat regularly and take your time when eating.</p> <p>Do not drink through a straw.</p> <p>Avoid carbonated beverages.</p>
<b>Odour</b>	<ul style="list-style-type: none"> <li>• asparagus</li> <li>• broccoli</li> <li>• brussel sprouts</li> <li>• cauliflower</li> <li>• cabbage</li> <li>• onion</li> <li>• dried peas</li> <li>• beans and lentils</li> <li>• eggs</li> <li>• garlic</li> <li>• fish</li> <li>• chicken</li> </ul>	<p>Including these foods may help decrease <b>odour</b>:</p> <ul style="list-style-type: none"> <li>• buttermilk</li> <li>• yogurt</li> <li>• parsley</li> <li>• mint</li> </ul>

1 cup = 250 ml

½ cup = 125 mL

1 tsp = 5 mL