



Patient & Family Guide
2016

Nutrition Guidelines for Ileostomy



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Nutrition Guidelines for Ileostomy

These guidelines will help you stay healthy and feel more comfortable after ileostomy surgery.

1. Eat your meals at regular times. Smaller meals more often may be better tolerated than large meals.
2. Take small mouthfuls and chew foods well to help prevent a blockage.
3. Drink at least 2-2.5 litres (8-10 cups) of liquids that do not have caffeine or alcohol (such as water, milk, unsweetened juice, decaf coffee, or decaf tea).

To prevent a blockage:

Do not eat the following foods for 4 weeks after surgery:

- › Baked beans
- › Bean sprouts
- › Bell peppers
- › Bran
- › Broccoli
- › Brussels sprouts
- › Cabbage
- › Celery
- › Coconut
- › Corn
- › Dried fruit
- › Granola
- › Marmalade
- › Meat with casings (wieners, bologna, sausage)
- › Mushrooms
- › Nuts
- › Olives
- › Peas
- › Peels and skins (such as apple, grape, potato)
- › Pickles
- › Pineapple
- › Popcorn
- › Raisins
- › Raw fruit (except bananas)
- › Relish
- › Seeds (large ones such as watermelon, cucumber, sunflower, flax)
- › Shrimp
- › Spinach
- › Vegetables (raw)
- › Whole grain breads, cereals, pasta

- After 4 weeks, add small servings (1/2 cup) of these foods back into your diet, one at a time. Do not try more than one new food each day. This will help you figure out if these foods agree with you. Cramps, diarrhea, or a swollen stoma are signs that your body is not tolerating the new food.
- Bit by bit, increase serving size as tolerated.
- Tolerance to foods usually gets better over time.

To control gas:

Cut down on or avoid drinking pop, chewing gum, eating too fast, skipping meals, sucking on hard candy, or drinking with a straw.

The following foods may cause gas:

- | | |
|----------------------|-----------------------------|
| › Apples (with peel) | › Melons |
| › Bell peppers | › Onions |
| › Broccoli | › Peas and beans (dried) |
| › Brussels sprouts | › Pickles |
| › Cabbage | › Turnips |
| › Cauliflower | › Vegetables (raw) |
| › Corn | › Carbonated (fizzy) drinks |
| › Garlic | |

If you have high ostomy output (more than 1-1.5 litres a day):

Eat less:

- › Prunes
- › Figs
- › Bran
- › Spicy or high-fat foods
- › Chocolate
- › Caffeine
- › Sweet drinks, pop, grape juice, prune juice, alcohol

Eat more foods which may thicken your stool (poop):

- › Applesauce
- › Bananas
- › Boiled barley
- › Boiled rice
- › Cheese
- › Oatmeal
- › Pasta
- › Peanut butter (smooth)
- › Potatoes (without skin)
- › Soda crackers
- › Tapioca

Eat high potassium foods:

- › Bananas
- › Juice (tomato and orange)
- › Meat, fish, and poultry
- › Milk
- › Potatoes (white or sweet)
- › Squash

Increase your liquids to more than 2.5 litres (10 cups) each day.

If your stoma output is more than 1-1.5 litres (4-6 cups) per day, you may need to drink an oral rehydration solution (ORS). Try to sip on an ORS throughout the day in place of other liquids, such as water and juice. Aim for at least 1 litre (4 cups) of ORS, as part of your daily liquids.

You can buy commercial ORS products such as Gastrolyte[®] or Pedialyte[®] from most drugstores, or you can make your own using one of the recipes below.

Homemade ORS recipes:

Combine all ingredients and mix until dissolved.

Sugar and salt water <ul style="list-style-type: none">• ¾-1 tsp salt• 2-3 Tbsp sugar• 1 L (4 cups) water• Calorie-free flavouring (such as Crystal Light[®])	Regular Gatorade[®] drink <ul style="list-style-type: none">• 1 ½ cups Gatorade[®]• 2 ½ cups water• ¾ tsp salt
Gatorade[®] G2 <ul style="list-style-type: none">• 4 cups Gatorade[®] G2• ½ tsp salt	Tomato juice <ul style="list-style-type: none">• 2 ½ cups tomato juice• 1 ½ cups water

Guide to choosing food for the first 4 weeks:

Best choices	Avoid
<p data-bbox="107 237 200 277">Fruit</p> <ul data-bbox="107 298 524 805" style="list-style-type: none"><li data-bbox="107 298 524 532">• Canned or cooked fruit such as applesauce, peaches, pears, mandarin oranges<li data-bbox="107 548 524 638">• Fruit juices (except prune juice)<li data-bbox="107 654 524 743">• Puréed fruit (without seeds or skins)<li data-bbox="107 760 524 805">• Ripe bananas	<ul data-bbox="540 298 958 943" style="list-style-type: none"><li data-bbox="540 298 958 342">• Prune juice<li data-bbox="540 358 958 781">• Apples, apricots, berries, cranberries, currants, cherries, dates, figs, grapes, grapefruit, melons, nectarines, oranges, prunes, fresh peaches, fresh pears, pineapple<li data-bbox="540 797 958 886">• All raw fruit (except bananas)<li data-bbox="540 902 958 943">• Dried fruit

Best choices	Avoid
<p>Vegetables</p> <ul style="list-style-type: none"> • Tender cooked or canned: beets, carrots, green or yellow beans, parsnips, puréed or canned tomatoes, tomato paste or sauce, squash, avocados • Puréed vegetables • Tomato and vegetable juices • Potatoes (white or sweet) without skin 	<ul style="list-style-type: none"> • All raw vegetables including salads and coleslaw • Artichokes, asparagus, beet greens, broccoli, Brussels sprouts, cabbage, cauliflower, mushrooms, onions, green peppers, peas, fresh tomatoes, turnips, sauerkraut, spinach, zucchini • Potato skins

Best choices	Avoid
<p>Grain products</p> <ul style="list-style-type: none"> • White, light rye, or refined breads, rolls or bagels; waffles, pancakes, biscuits, soda crackers, graham crackers, pretzels, Melba toast • Cooked cereals: oatmeal, Cream of Wheat[®], cornmeal • Dry cereals with 2 grams of fibre or less per serving (e.g., Cornflakes[®], Rice Krispies[®], Cheerios[®]) • White pasta • White rice 	<ul style="list-style-type: none"> • Whole wheat, multigrain, or dark rye breads, bagels, rolls, or crackers • Grain products with added bran, seeds, nuts, or coconut • Fibre-enriched white grain products such as “smart” pastas and breads • Brown or wild rice • Cereals with bran, dried fruits, or nuts • Cereals with high fibre • Granola cereal • Whole grain pasta

Best choices	Avoid
<p>Milk and alternatives</p> <ul style="list-style-type: none"> • Milk • Plain cheese • Cottage cheese • Smooth yogurt, yogurt with fruits from the ‘Best choices’ Fruit list on page 6 • Well-cooked, tender meats, fish, and poultry • Soft-cooked eggs • Smooth peanut butter • Tofu 	<ul style="list-style-type: none"> • Cheese or yogurt with seeds or nuts • Nuts, seeds, chunky peanut butter • Baked beans, dried peas, lentils • Fried eggs
<p>Other</p> <ul style="list-style-type: none"> • Smooth condiments 	<ul style="list-style-type: none"> • Coconut • Marmalade • Olives • Pickles • Popcorn • Relish

Notes:

Looking for more health information?

This pamphlet and all our active patient pamphlets are searchable here:

<http://bit.ly/NSHApamphlets>

Contact your local public library for books, videos, magazines, and other resources.

For more information go to <http://library.novascotia.ca>

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Nova Scotia Health Authority

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The information in this pamphlet is to be updated every 3 years or as needed.