



Patient & Family Guide  
2016

# Diet Guidelines for Ileoanal Pouch



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# Diet Guidelines for Ileoanal Pouch

1. **Avoid high fibre and gas-producing foods** for the first 4 weeks after surgery. Good food choices are listed in this booklet.
2. **Eat 5 or 6 small meals a day.** Smaller meals will help you feel less bloated.
3. **Chew food well. Eat slowly.**
4. **Have meals at regular times.** Skipping meals will make gas worse.
5. **Drink 2 litres (8 cups) of liquids each day.** Best choices are liquids that do not have caffeine or alcohol, such as water, milk, unsweetened juice, and decaffeinated coffee or tea.
6. **Drink liquids between meals,** or at least 30 minutes before or after meals, if you are having loose, frequent bowel movements.

7. To decrease bowel movements at night, **try eating your larger meal earlier in the day** and have a smaller meal at suppertime. Do not eat or drink just before bed.
8. **Limit high sugar foods** such as pie, squares, frosted cakes and cookies, honey, jams, jellies, candy, sweetened cereal, and sweet drinks. These foods may make diarrhea worse.
9. **If having diarrhea, eat more high potassium foods** such as meat, fish, poultry, bananas, orange and tomato juices, milk, and potatoes.
10. To help with gas, do not chew gum, suck on hard candy, or drink with a straw.
11. The pouch will stretch for 6-12 months after surgery. Bowel movements should decrease to about 4-6 per day and will thicken over time.

# Good food choices after surgery

## Foods that may decrease pouch output:

- Applesauce
- Bananas
- Boiled barley
- Boiled rice
- Cheese
- Oatmeal
- Pasta
- Peanut butter (smooth)
- Potatoes (peeled)
- Pretzels
- Soda crackers
- Tapioca
- White bread

## Best fruit and vegetable choices:

- Bananas
- Canned fruit
- Carrots (cooked)
- Fruit juices, unsweetened
- Tomato and vegetable juices
- Parsnips (cooked)
- Potatoes; white or sweet (peeled)
- Squash
- Tomato sauce (mild)
- Cooked or stewed (like applesauce)
- Well-cooked or canned vegetables

## Protein foods for healing:

- Cheese
- Custard
- Eggs
- Milk
- Soy products
- Pudding
- Yogurt
- Skim milk powder
- Smooth nut butters
- Tender meat, fish, poultry

# Do not eat the foods on pages 4 and 5 for 4 weeks after surgery

**Note:** 4 weeks after surgery, you can start to add these foods back into your diet. **Add one new food at a time** over 1-2 days. If you do not tolerate a food, stop eating it and try it again in a few weeks. Experiment to find out what works best for you. Everyone is different.

## Foods that may increase pouch output:

- Alcoholic drinks
- Carbonated (fizzy) drinks
- Caffeinated beverages
- Beans
- Chocolate
- Leafy green
- vegetables
- Grape juice
- Prune juice
- Spicy foods
- Raw fruits and vegetables (except bananas)
- Whole grain products

## **Foods that cause anal irritation:**

- Apples
- Dried fruit (such as raisins)
- Celery
- Coconut
- Coleslaw
- Corn
- Nuts and seeds
- Oranges
- Popcorn
- Spicy foods
- Chinese vegetables (such as bean sprouts)

## **Foods that cause gas:**

- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Corn
- Green peppers
- Melon
- Onions
- Pickles
- Raw vegetables
- Turnips
- Carbonated (fizzy) drinks
- Dried peas & beans
- Unpeeled apples

# Notes:

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<http://bit.ly/NSHApamphlets>

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

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