



Patient & Family Guide
2016

Nutrition Guidelines for Colostomy



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Nutrition Guidelines for Colostomy

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

- Enjoy your meals at regular times. Eating smaller meals more often may be better tolerated than large meals.**
- Take small mouthfuls and chew foods well.**
- Drink 2 litres (8 cups) of liquid each day.** The best choices are liquids that do not have caffeine or alcohol (such as water, milk, juice, or decaf coffee or tea).
- Wait 4 weeks after surgery** before eating the following foods:
 - › Raw vegetables and fruit (except bananas)
 - › Whole wheat/whole grain breads, pasta, and brown rice
 - › Nuts, seeds, and popcorn
 - › Fried foods

**If you have any questions, please ask.
We are here to help you.**

If you have high ostomy output (diarrhea):

- **Avoid or cut down on** prunes, figs, bran, spicy foods, high fat foods, chocolate, caffeine, carbonated (fizzy) drinks, grape juice, prune juice, and alcohol. These may increase ostomy output.
- **Eat more foods which may thicken stool (poop) such as:**
 - › Applesauce
 - › Bananas
 - › Boiled barley
 - › Boiled rice
 - › Cheese
 - › Oatmeal
 - › Pasta
 - › Potatoes (white or sweet) without skin
 - › Smooth peanut butter
 - › Soda crackers
 - › Tapioca
- **Choose high potassium foods such as:**
 - › Bananas
 - › Fish
 - › Juice (tomato and orange)
 - › Meat
 - › Milk
 - › Potatoes (white or sweet)
 - › Poultry
 - › Squash
- **Drink more than 2.5 litres (10 cups) of liquid every day.**

To control gas:

- **Avoid or cut down on** drinking pop or fizzy drinks, chewing gum, eating too quickly, skipping meals, sucking on hard candy, and drinking with a straw.
- **These foods may give you gas:**
 - › **All raw vegetables**
 - › Bell peppers
 - › Broccoli
 - › Brussels sprouts
 - › Cabbage
 - › Cauliflower
 - › Corn
 - › Garlic
 - › Melons
 - › Onions
 - › Peas and beans (dried)
 - › Pickles
 - › Turnips
 - › Unpeeled apples
 - › Pop, fizzy drinks

Going back to a regular diet

- 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 swelling of the stoma are signs that your body is not tolerating the new food.
- Bit by bit, increase serving size as tolerated.
- Tolerance usually gets better over time.

To avoid constipation:

- Drink more liquids.
- Eat more cooked fruit and vegetables.
- 4 weeks after surgery:
 - › Eat high-fibre cereals (4 or more grams of fibre per serving).
 - › Choose more raw fruit and vegetables.
 - › Enjoy whole wheat/whole grain breads, crackers, and bagels.

Guide to choosing foods in the first 4 weeks

Best choices	Avoid
<p>Fruit</p> <ul style="list-style-type: none">• Fruit juices (except prune juice)• Canned and cooked fruit like applesauce, peaches, pears, mandarin oranges• Puréed fruit• Ripe bananas	<ul style="list-style-type: none">• Prune juice• Apples, apricots, berries, cranberries, currants, cherries, dates, figs, grapes, grapefruit, melons, nectarines, oranges, prunes, fresh peaches, fresh pears, pineapple• All raw fruit (except bananas)• Dried fruit

Best choices	Avoid
<p>Grain products</p> <ul style="list-style-type: none"> • White, light rye, or refined breads, rolls, and 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, such as Cornflakes[®], Rice Krispies[®], Cheerios[®], etc. • White pasta, white rice 	<ul style="list-style-type: none"> • Whole wheat, multigrain, or dark rye breads, bagels, rolls, and crackers • Grain products with added bran, seeds, nuts, or coconut • Cereals with bran, raisins, or nuts • High-fibre cereals • Granola cereal • Brown or wild rice • Whole grain pasta • Fibre-enriched white grain products such as “smart” pastas and breads
<p>Milk and alternatives</p> <ul style="list-style-type: none"> • Milk, plain cheese, cottage cheese, smooth yogurt, and yogurt with fruits from the best choices fruits list 	<ul style="list-style-type: none"> • Cheese or yogurt with seeds or nuts

Best choices	Avoid
<p>Vegetables</p> <ul style="list-style-type: none"> • Tender cooked or canned: beets, carrots, green and 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, sauerkraut, cauliflower, green peppers, mushrooms, onions, peas, fresh tomatoes, turnip, spinach, zucchini • Potato skins
<p>Meat and alternatives</p> <ul style="list-style-type: none"> • Well-cooked, tender meats, fish, poultry • Soft-cooked eggs • Smooth peanut butter • Tofu 	<p>Nuts, seeds, chunky peanut butter</p> <p>Baked beans, dried peas, and lentils</p> <p>Fried eggs</p>
<p>Other</p> <ul style="list-style-type: none"> • Smooth condiments 	<ul style="list-style-type: none"> • Popcorn, pickles, coconut, olives, marmalade, relish

Contact your dietitian if
you have any questions:

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<http://bit.ly/NSHApamphlets>

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Nova Scotia Health Authority

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Prepared by: Food and Nutrition Services ©

Designed by: Nova Scotia Health Authority, Central Zone Patient Education Team

Printed by: Dalhousie University Print Centre

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LC85-0568 Updated August 2016

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