



Patient & Family Guide

2022

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.

- **Eat shortly after you wake up, and then eat every 4 to 6 hours throughout the day.** This will help your ostomy work better. Your body will likely be able to tolerate (handle) small meals better than large meals.
- **Eat slowly. Take small bites and chew food well to help prevent a blockage.**
- **Drink at least 2 to 2½ L (litres) (8 to 10 cups) of liquids a day.** Best choices are liquids that do not have caffeine or alcohol (like water, milk, unsweetened juice, and decaf coffee or tea).
- **Limit caffeine (like tea, coffee, cola) to 1 cup each day.**

To prevent a blockage:

Do not eat the following foods for 4 weeks (1 month) after your surgery:

- › Bean sprouts
- › Bell peppers
- › Bran
- › Broccoli
- › Brussels sprouts
- › Cabbage
- › Celery
- › Chickpeas
- › Coconut
- › Corn
- › Dried fruit
- › Granola
- › Green peas
- › Legumes (including baked beans, dried peas, lentils)
- › Marmalade
- › Meat with casings or rinds (like wieners, bologna, sausage)
- › Mushrooms
- › Nuts
- › Olives
- › Peels and skins (like apple, grape, potato)
- › Pickles
- › Pineapple
- › Popcorn
- › Raisins
- › Raw fruit (bananas are OK)
- › Relish
- › Seeds (large ones, like watermelon, cucumber, sunflower, flax)
- › Shrimp
- › Spinach
- › Vegetables (raw), including salads
- › Whole grain breads, cereals, pasta

When can I go back to regular eating?

- After 4 weeks, you can start to add small servings ($\frac{1}{2}$ cup) of these foods back, one at a time. **Do not try more than one new food each day.** This will help you figure out if you can tolerate each food. Signs that your body is not tolerating the new food include cramps, diarrhea (loose, watery bowel movements [poop]), or a swollen stoma.
- If you cannot tolerate a food, stop eating it and try it again at a later time. Keep trying to find out what works best for you. Everyone is different.
- Bit by bit, increase the serving size as tolerated.
- Over time, you will likely be able to better tolerate these foods.

Choosing foods for the first 4 weeks:

Best choices	Avoid
<p>Fruit</p> <ul style="list-style-type: none">• Canned or cooked fruit (like applesauce, peaches, pears, mandarin oranges)• Fruit juices (except prune juice)• Puréed fruit (without seeds or skins)• 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 (bananas are OK)• Dried fruit

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

Best choices	Avoid
<p>Grain products</p> <ul style="list-style-type: none"> • White, light rye, or refined breads, bagels, or rolls • Tortillas (not whole wheat), waffles, pancakes, biscuits, crackers (soda crackers, graham crackers), pretzels, Melba toast • Cooked cereal: instant oatmeal • Cream of Wheat[®], cornmeal, plain congee (rice porridge) • Dry cereals with 2 grams of fibre or less for each serving (like Kellogg’s Corn Flakes[®], Kellogg’s 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, coconut, or dried fruit • Fibre-enriched white grain products (like “smart” pastas and breads) • Cereals with bran, dried fruit, or nuts • Cereals with high fibre • Granola cereal • Steel cut oats • Quinoa • Whole grain pasta • Brown or wild rice

Best choices	Avoid
<p>Milk, meats and alternatives</p> <ul style="list-style-type: none"> • Milk (like cow, goat) • Dairy free milk (like soy milk, almond milk, rice milk) • Plain cheese • Cottage cheese • Smooth yogurt, yogurt with fruits from the ‘Best choices’ fruit list on page 4 • Kefir • Well-cooked, tender meats, fish, and poultry • Soft-cooked eggs • Smooth peanut butter • Tofu • Hummus 	<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 • Meat with casings • Soybeans (edamame) • Sushi rolls, seaweed • Veggie patties with beans, whole grains, or corn

Best choices	Avoid
<p>Other</p> <ul style="list-style-type: none"> • Smooth condiments (like ketchup, mustard, mayonnaise) • Spices (ground) • Baked desserts with ingredients listed in “Best choices” • Potato chips without skins • Smooth chocolate without nuts, seeds, or dried fruit 	<ul style="list-style-type: none"> • Coconut • Marmalade • Olives • Pickles • Popcorn • Relish

To control gas:

- Avoid carbonated (fizzy) drinks.
- **Do not** chew gum.
- Eat slowly.
- **Do not** skip meals.
- **Do not** suck on hard candy.
- **Do not** drink with a straw.

Foods that may cause gas:

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

To control high ostomy output

High output is considered more than 1 to 1½ L (4 to 6 cups) a day.

Eat less of these foods:

- › Bran
- › Caffeine
- › Chocolate
- › Figs
- › Prunes
- › Spicy or high-fat foods
- › Sweet drinks (like pop, juice), and alcohol

Eat more foods that may thicken your ostomy output:

- › Applesauce
- › Bananas
- › Barley (boiled)
- › Cheese
- › Oatmeal
- › Pasta
- › Peanut butter (smooth)
- › Potatoes (without skin)
- › Pretzels
- › Rice (boiled)
- › 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 2½ L (10 cups) a day.

Signs of not taking in enough fluid (dehydration)

- › Feeling thirsty, dizzy, or light-headed
- › Fatigue (feeling tired)
- › Dry mouth, tongue, or lips
- › Dark urine (pee)
- › Low urine output (peeing less often)

- If you have signs of dehydration or if your ostomy output is more than 1 to 1½ L (4 to 6 cups) a day, you may need to drink an oral rehydration solution (ORS).
- You can buy ORS products (like Gastrolyte® or Pedialyte®) from most drugstores, or you can make your own using the recipes on page 12.
- Try to sip on an ORS throughout the day instead of other liquids (like water or juice).
- Try to drink at least 1 L (4 cups) of an ORS as part of your daily liquids. When eating meals and snacks, only have sips of fluids. You can have the rest of your fluids 30 minutes after you are done your meals or snacks.

ORS Recipes

Combine all ingredients and mix until dissolved (no longer cloudy).

Sugar and salt water

$\frac{3}{4}$ teaspoon salt	Calorie-free flavouring (like Crystal light®) to taste
2 tablespoons sugar	
4 cups water	

Regular Gatorade™ drink

$1\frac{1}{2}$ cups Gatorade™	$\frac{3}{4}$ teaspoon salt
$2\frac{1}{2}$ cups water	

Gatorade™ G2® (half the sugar and calories of regular Gatorade™)

591 millilitre bottle Gatorade™ G2®
 $\frac{1}{3}$ teaspoon salt

Tomato juice

2½ cups tomato juice

1½ cups water

Broth

2 cups liquid broth (like chicken, beef, or vegetable), not low salt

2 cups water

2 tablespoons sugar

What are your questions?

Please ask. We are here to help you.

