Diet Guidelines for Ileoanal Pouch
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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.


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