



Patient & Family Guide

2022

Nutrition Guidelines for Ileoanal Pouch



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Nutrition Guidelines for Ileoanal Pouch

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

- **Avoid foods that are high in fibre and that may cause gas** for the first 4 weeks (1 month) after your surgery. See page 3 for good food choices.
- **Eat 5 or 6 small meals a day.** Smaller meals will help you feel less bloated.
- **Eat slowly. Take small bites and chew food well.**
- **Eat meals at regular times.** Skipping meals will make gas worse.
- **Drink at least 2 L (litres) (8 cups) of liquids a day.** Best choices are liquids that do not have caffeine or alcohol (like water, milk, unsweetened juice, and decaffeinated coffee or tea).
- **If you are having diarrhea (loose, watery bowel movements [poop]), drink liquids between meals, or at least 30 minutes before or after meals.**
- **To lower your chance of having a bowel movement at night, eat a larger meal earlier in the day and a smaller meal at suppertime. Do not eat or drink just before bed.**

- **Limit high sugar foods** (like pies, pastries, frosted cakes and cookies, honey, jams, jellies, candy, sweetened cereals, sweet drinks [like pop, juice]). These foods may make diarrhea worse.
- **If you have diarrhea, eat more high potassium foods** (like meat, fish, poultry, bananas, orange and tomato juices, milk, and potatoes).

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.

The pouch will stretch for 6 to 12 months after surgery. Over time, your bowel movements will get thicker. You will also have less bowel movements (about 4 to 6 a day).

Good food choices after surgery

Foods that may decrease pouch output

Eat more of these foods:

- › Applesauce
- › Bananas
- › Barley (boiled)
- › Cheese
- › Oatmeal
- › Pasta
- › Peanut butter (smooth)
- › Potatoes (peeled)
- › Pretzels
- › Rice (boiled)
- › Soda crackers
- › Tapioca
- › White bread

Best fruit and vegetable choices:

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

Protein foods to help with healing:

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

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

Note: 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 (handle) each food. Signs that your body is not tolerating the new food include bloating, cramps, higher pouch output, and anal irritation.

If you cannot tolerate a food, stop eating it and try it again in a few weeks. Keep trying to find out what works best for you. Everyone is different.

Foods that may increase pouch output

Eat less of these foods:

- › Alcohol
- › Carbonated (fizzy) drinks
- › Caffeinated drinks (like coffee, tea)
- › Beans
- › Chocolate
- › Leafy, green vegetables
- › Grape juice
- › Prune juice
- › Spicy foods
- › Raw fruits and vegetables (bananas are OK)
- › Foods with whole grains

To control anal irritation

Eat less of these foods:

- › Apples
- › Dried fruit (like raisins)
- › Celery
- › Coconut
- › Coleslaw
- › Corn
- › Nuts and seeds
- › Oranges
- › Popcorn
- › Spicy foods
- › Stir-fried vegetables (like bean sprouts, broccoli, cabbage, water chestnuts, snap peas)

To control gas

Eat less of these foods:

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

