



Patient & Family Guide
2021

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.

- Eat every 4 to 6 hours throughout the day.**
Do not miss breakfast. This will help your ostomy to work better.
 - › Eating smaller meals more often may be better tolerated than larger meals, especially right after surgery.
- 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 (like water, milk, juice, or decaf coffee or tea).
- Do not drink more than 1 cup of caffeinated drinks (such as coffee, tea, cola) a day.**
- Wait 4 weeks (1 month) after surgery before eating the following foods:**
 - › Raw vegetables and fruit (bananas are OK)
 - › Whole wheat or whole grain breads and pasta, brown rice
 - › Nuts, seeds, popcorn
 - › Deep fried foods

Guide to choosing foods in the first 4 weeks

Best choices	Avoid
<p data-bbox="107 269 200 310">Fruit</p> <ul data-bbox="107 329 485 800" style="list-style-type: none"><li data-bbox="107 329 485 418">• Fruit juices (except prune juice)<li data-bbox="107 435 485 524">• Cooked fruit (like applesauce)<li data-bbox="107 540 485 678">• Canned fruit (like peaches, pears, mandarin oranges)<li data-bbox="107 695 485 735">• Pureed fruit<li data-bbox="107 751 485 800">• Ripe bananas	<ul data-bbox="543 329 944 915" style="list-style-type: none"><li data-bbox="543 329 944 370">• Prune juice<li data-bbox="543 386 944 865">• All raw fruit (like apples, apricots, berries, cherries, cranberries, currants, dates, figs, grapefruit, grapes, melons, nectarines, oranges, peaches, pears, pineapple, prunes)<li data-bbox="543 881 944 915">• 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 (like 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 (like “smart” pastas and breads)

Best choices	Avoid
<p>Milk and alternatives</p> <ul style="list-style-type: none"> • Milk • Cheese (without nuts or seeds) • Cottage cheese • Smooth yogurt • Yogurt with fruits from the “Best choices” fruit list 	<ul style="list-style-type: none"> • Cheese or yogurt with seeds or nuts
<p>Vegetables</p> <ul style="list-style-type: none"> • Soft vegetables (cooked or canned): beets, carrots, green and yellow beans, parsnips, pureed or canned tomatoes, tomato paste or sauce, squash, avocados • Pureed 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, turnips, spinach, zucchini • Potato skins

Best choices	Avoid
<p>Meat and alternatives</p> <ul style="list-style-type: none"> • Well-cooked, tender meats, fish, or poultry (like chicken, turkey, etc.) • Soft-cooked eggs • Smooth peanut butter • Tofu 	<ul style="list-style-type: none"> • Nuts, seeds, chunky peanut butter • Baked beans, dried peas, lentils • Fried eggs
<p>Other</p> <ul style="list-style-type: none"> • Smooth condiments (like ketchup, mustard, mayonnaise, etc.) 	<ul style="list-style-type: none"> • Popcorn, pickles, coconut, olives, marmalade, relish

High ostomy output

If you have diarrhea (loose, watery poop)

• **Avoid or cut down on:**

- › Prunes
- › Figs
- › Bran
- › Spicy foods
- › High fat foods
- › Chocolate
- › Caffeine
- › Carbonated drinks
- › Grape juice
- › Prune juice
- › Alcohol

- **Eat more foods which may thicken your ostomy output, like:**
 - › 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, like:**
 - › Bananas
 - › Juice (tomato and orange)
 - › Meat, fish, poultry
 - › Milk
 - › Potatoes (white or sweet)
 - › Squash
- **Drink more than 2.5 litres (10 cups) of liquid every day.**
 - › Drink slowly throughout the 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
 - › Drinking with a straw

- **These foods may give you gas:**
 - › **All raw vegetables**
 - › Some cooked vegetables (like bell peppers, broccoli, Brussels sprouts, cabbage, cauliflower, corn, garlic, onions, turnips)
 - › Melons
 - › Peas and beans (dried)
 - › Pickles
 - › Unpeeled apples
 - › Pop, fizzy drinks
- **To avoid low ostomy output/constipation (not being able to poop):**
 - › drink more liquids.
 - › eat more cooked fruit and vegetables.

Going back to a regular diet

- **Four (4) weeks after surgery**, start to add small servings (1/2 cup) of these foods back into your diet **1 at a time**:
 - › high fibre cereals (4 or more grams of fibre per serving)
 - › more raw fruit and vegetables
 - › whole wheat or whole grain breads, crackers, and bagels

- **Do not try more than one new food each day.** This will help you figure out if these foods agree with you.
- **Stomach cramps, diarrhea, or swelling of the stoma are signs that your body is not tolerating the new food.**

Remember

- Slowly increase the serving size as your body can handle.
- A food that bothers someone else may not bother you.
- Introduce new foods slowly, especially high fibre foods.
- Try a new food a few times before you decide that you cannot eat it.
- If your body does not handle a new food the first time, try again in a few weeks. You may need to try it a few times before you can handle it.
- **Over time, most people with a colostomy can eat all foods.**

If you have any questions, talk with your dietitian.

Name: _____

Phone: _____

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

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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