



Eating is one of life's great pleasures. Having a stoma should not change your enjoyment of food. Most people with a stoma return to their normal diet soon after an operation. However food tolerances vary from person to person.

The most important dietary concerns for ostomates are preventing blockages and avoiding foods that produce unpleasant odours, gas or excess stool. Listed below are some general guidelines to the effects of foods after ostomy surgery. It doesn't mean you cannot have the foods you love. You can still eat them but it's good to be aware of the possible consequences. For patients with an ileostomy it is worth noting that some foods may cause stomal obstruction. To minimise the effects, have a small portion, blend or soften by cooking them, chew very well and drink plenty of fluid. Use trial and error to determine your individual tolerance. Try foods up to three times in order to determine your tolerance.

## Foods that cause...

Stoma blockage	Most raw fruits and vegetables, plus their skins, such as apple peels, raw cabbage, celery, chinese vegetables, corn (whole kernels), coconut, dried fruit, mushrooms, oranges, nuts, pineapple, popcorn, seeds.
Blockage relief	Coffee (warm/hot), cooked fruits, cooked vegetables, fresh fruits, fruit juices, water, mild laxative.
Odour producing	Asparagus, baked beans, broccoli, cabbage, cod liver oil, eggs, fish, garlic, onions, peanut butter, some vitamins, strong cheese.
Odour control	Buttermilk, cranberry juice*, orange juice, parsley, tomato juice, yoghurt, peppermint oil. <small>(*discuss with your GP if your taking cardiac medication and blood thinners as taking cranberry juice as this is not advisable)</small>
Increased/loose stool	Alcoholic beverages, whole grains, bran cereals, cooked cabbage, cooked green, leafy vegetables, raw vegetables, milk, fresh fruit, prunes, raisins, spices, apple and prune juice, liquorice, chocolate, baked beans.
Loose stool control	Apple sauce, green bananas, boiled rice, peanut butter, tapioca, toast, white bread, potatoes, pasta, crackers, boiled rice, weak tea, marshmallows, jelly babies, arrowroot, live yoghurt.
Gas producing	Alcoholic beverages, fizzy drinks, beans, soy, cabbage, cauliflower, cucumber, dairy products, chewing gum, milk, nuts, onions, radishes, excessive fried food.
Gas reducing	Fennel tea, cranberry juice, buttermilk, peppermint oil.
Colour changing foods	Asparagus, beets, food colours, iron pills, liquorice, strawberries, tomato sauce.

## These are some general guidelines for eating which will help you care for your stoma more easily:

- Eat meals regularly. A stoma works best if you have three or more regular meals a day
- Chew your food well. If you have an ileostomy this helps prevent any food blockage
- Try new foods one at a time. If a new food seems to cause a problem eliminate it for a couple of weeks and then try again
- Drink a lot of fluid daily as you may lose more fluids than normal through your stoma. If you're experiencing dehydration symptoms please speak with your Stoma Care Nurse or GP

## An extra note for Ileostomists

It is very easy to lose large amounts of water, minerals and vitamins through an ileostomy when diarrhoea occurs which can quickly lead to dehydration. When this occurs you need to replace these fluids so that you do not become ill. You can drink Diorolyte to help with this or make up St. Mark's solution using the following recipe:

1 level 5ml teaspoon of salt

6 heaped 5ml teaspoons of glucose

½ heaped 2.5ml teaspoon of sodium bicarbonate

Stir all ingredients into 1 litre of water, chill overnight and enjoy the next day

Potassium and sodium are lost daily from an ileostomy so it is important to eat foods that have a good source of these minerals in.

### Foods high in potassium

Milk, fish, turkey, lamb, butter beans, peppers, fruit and vegetable juices, potatoes, green beans, avocado, bananas, figs, nectarines, strawberries, dates, white grapes, watermelon, chicken, beef, pork, duck, veal, brussel sprouts, tomatoes, broccoli, spinach, tomato juice, apricots, cherries, grapefruit juice, plums, pineapple, rhubarb, prunes, oranges.

### Foods high in sodium

Salt added to food, canned and dried soups, canned meat, fish, stews and gravies, canned convenience food, pickles and relishes, salted popcorn, pretzels, vegetables prepared in brine, cold cuts of meat, ham and bacon, hot dogs, peanut butter, salad dressings, sausages, tomato juice and sauce, fruit and vegetable juices, cheese.

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