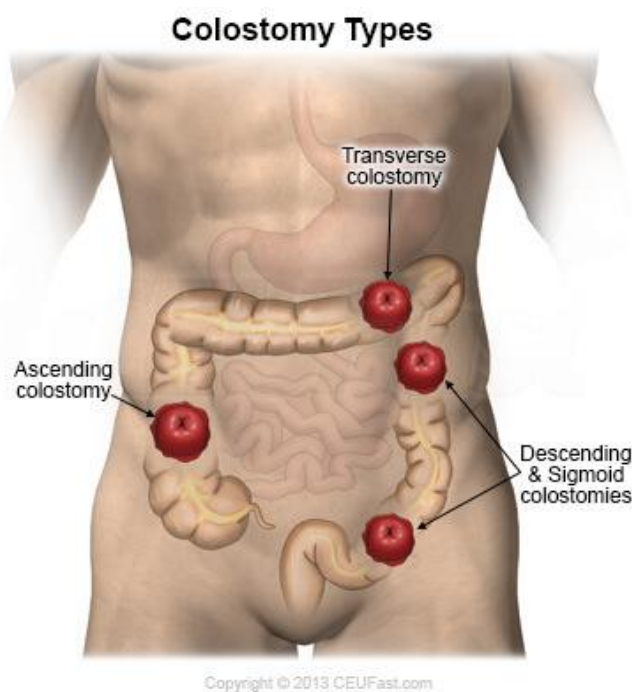


Colostomy Nutrition Guidelines

A Colostomy is a surgical procedure where part of the large bowel is brought through the abdominal wall creating a stoma. A stoma is the name of the opening in the abdomen where a bag will be attached to the skin to collect stool. Your colostomy may be temporary or permanent depending on your surgery.



Do I need to follow a special diet and why?

After surgery, your bowel will be swollen therefore causing the passageway for stool to become narrower. Until the swelling subsides, your Dietitian will recommend avoiding foods that may cause an obstruction for **2 weeks** after surgery. After this period, you can return to your normal diet.

Foods to avoid for 2 weeks after surgery include:

- Celery, mushrooms, corn, coleslaw, cabbage, Chinese vegetables (spinach, bok choy, kale), peas, salad greens, relish
- Raw pineapple, coconut, rhubarb, dried fruit
- Skins and seeds on your fruits and vegetables
- Nuts, seeds, beans, lentils, legumes, popcorn

Some foods may increase gas and odour. If these symptoms bother you, please refer to the table below.

Managing Symptoms of Your Colostomy

Symptoms	Tips to Help
Gas	<ul style="list-style-type: none"> • Vegetable and fruit that may cause gas: broccoli, cauliflower, Brussel sprouts, asparagus, corn, onions, cabbage, turnip, peppers, cucumber, sweet potato, radishes, melon • Other foods that may cause gas: milk and milk products, strong cheeses, sauerkraut, eggs, pickles, chives, spicy foods, bran, fried foods, lentils, dried peas, beer and alcohol, carbonated drinks • Tips that may help with gas: <ul style="list-style-type: none"> ○ Eat regular meals (at least 3 per day) ○ Avoid chewing gum, drinking through a straw and smoking
Odour	<ul style="list-style-type: none"> • Vegetables that may cause odour: asparagus, broccoli, Brussel sprouts, cauliflower, cabbage, onion • Other foods that may cause odour: some spices, dried peas, beans, lentils, eggs, garlic, fish, chicken, strong cheeses • Foods that may help with odour: buttermilk, yogurt, cranberry juice, orange juice, tomato juice, parsley, mint

<p>Diarrhea/High Output</p> <p><i>Not very common for a colostomy unless you are sick.</i></p>	<ul style="list-style-type: none"> • Foods that may cause diarrhea: cooked cabbage, broccoli and cauliflower, bran cereals and whole grains, apple, grape and prune juice, sweetened beverages, alcohol, coffee, sweetened foods, spicy foods • Foods that may help with diarrhea: applesauce, smooth peanut butter, bananas, cream of rice, boiled milk, tapioca, rice, weak tea, oat bran, oatmeal, cheese, yogurt, potatoes, matzo, pretzels, barley, psyllium fibre
<p>Constipation</p>	<ul style="list-style-type: none"> • Foods that may help with constipation: extra fluids, fruit juices (especially prune), fresh fruits and vegetables, whole grain cereals, whole wheat breads, lemon juice, licorice, nuts, seeds • Exercise may help

What is a normal Colostomy output?

A colostomy will make about 200-600ml of output per 24 hours. This will be semi-solid to solid in consistency and will vary slightly depending on the location of your colostomy.

In order to maintain an active colostomy, it is important you drink enough fluid and eat regular meals daily.

- Consume at least 2 L of fluid each day (1 L should be from water) to replace lost fluids.
- Consume at least 3 meals per day to keep your ostomy functioning and to help control gas.

Registered Dietitian: _____

905-378-4647 ext. _____