

## Management of High Ileostomy Outputs

- An ileostomy output greater than 1500m per 24 hours is a high output.
- Diet modifications of food and beverage can be helpful in decreasing your outputs to a safe range.
- In some cases, diet modifications alone may not work and medications to slow your ostomy output down may be suggested.
- High ileostomy outputs can put you at risk of dehydration, sodium loss and potassium loss. Symptoms may include increased thirst, fatigue, decreased urine output, light headedness, loss of appetite, stomach cramps, feeling faint, muscle weakness, shortness of breath.
- The below food and fluid suggestions are suggested to help prevent these symptoms by replenishing your fluid, sodium and potassium losses through proper nutrition.
- It is encouraged you measure you ostomy and urine outputs to help prevent dehydration. Please refer to **Appendix A for Measurement Guidelines**.

Tip	Reason
<ul style="list-style-type: none"> <li>• Avoid foods that may increase your outputs such as:               <ul style="list-style-type: none"> <li>○ Spicy foods</li> <li>○ High sugar foods and beverages such as chocolate, honey, jams/jellies, licorice, pop, sweetened beverages, juice, regular Gatorade, fruit drinks, alcohol and beer</li> <li>○ Sugar alcohols in medications and sugar free/diabetic foods</li> <li>○ High fibre foods: see low fibre diet in <b>Appendix B</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• High sugar and high fibre food and beverages may increase outputs</li> </ul>
<ul style="list-style-type: none"> <li>• Try to include foods that decrease high outputs including applesauce, smooth peanut butter, bananas, cream of rice, boiled milk, tapioca, rice, weak tea, oat bran, oatmeal, cheese, yogurt, potatoes, matzo, pretzels and barley, rice pudding, cheerios.</li> </ul>	<ul style="list-style-type: none"> <li>• These foods will help to thicken the stool and slow the movement through the bowel</li> </ul>

<ul style="list-style-type: none"> <li>• Chew your food well</li> </ul>	<ul style="list-style-type: none"> <li>• This helps with digestion and absorption of your food</li> </ul>
<ul style="list-style-type: none"> <li>• Eat regular meals. Try eating 6 small meals per day versus 3 large meals</li> </ul>	<ul style="list-style-type: none"> <li>• This helps to absorb your meals better and helps prevent bloating</li> </ul>
<ul style="list-style-type: none"> <li>• Add extra salt to your meals or include salty snacks (i.e. chips, crackers, pretzels, soups, broths, cheese)</li> </ul>	<ul style="list-style-type: none"> <li>• Given the loss of salt through the ostomy, you will need extra to help absorb liquids and replenish losses.</li> </ul>
<ul style="list-style-type: none"> <li>• Try to include a low fibre complex carbohydrates (bread, potatoes, pasta, rice) and protein food (peanut butter, eggs, meat, fish, cheese) at each meal and snack</li> </ul>	<ul style="list-style-type: none"> <li>• This will help to slow down the digestion of food through the bowel allowing more time for your body to absorb nutrients</li> </ul>
<ul style="list-style-type: none"> <li>• Some people find it helpful to decrease the amount of lactose in their diet such as milk, yogurt, ice cream and dairy products. Try restricted lactose beverages such as Lactaid if regular milk increases outputs</li> </ul>	<ul style="list-style-type: none"> <li>• The lactose sugar found in milk can sometimes cause higher outputs and bloating</li> </ul>
<ul style="list-style-type: none"> <li>• Separate solids from liquids: wait 30-45 minutes before or after eating to have your fluids. Limit fluids to meals to only sips and have no more than 125ml in total per meal</li> </ul>	<ul style="list-style-type: none"> <li>• This helps to slow down the movement of food through the bowel to allow for better absorption of nutrients</li> </ul>
<ul style="list-style-type: none"> <li>• Limit your intake of all other types of fluids to 2 cups per day including water, tea, coffee, milk, juice, pop, liquid supplements such as Ensure or Boost.</li> </ul>	<ul style="list-style-type: none"> <li>• These types of liquids can increase your output as they don't contain electrolytes that help absorb liquid</li> </ul>

<ul style="list-style-type: none"><li>• Drink oral rehydration solution throughout the day. This should be your main source of hydration. Try to drink about 1.5-2L of this solution per day. <b>See Appendix C for Commercial and Homemade Oral Rehydration Solutions</b></li></ul>	<ul style="list-style-type: none"><li>• Oral hydration solutions contain the right amount of glucose, salt, and potassium to help absorb the fluid</li></ul>
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Sometimes outputs can still be high despite diet changes. In these cases your doctor may prescribe medication to help slow down your outputs. Your medications are:

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Registered Dietitian: \_\_\_\_\_

905-378-4647 ext. \_\_\_\_\_



**Appendix B: Low Fibre Diet**

<b>Food Category</b>	<b>Foods Recommended</b>	<b>Foods to Avoid</b>
Milk Products	Milk (white or chocolate), cheese, cream soups, yogurt, sherbet, ice cream	Any of the foods listed that have nuts, seeds, dried fruit and fruits that are on the avoid list
Grain Products	Choose grains made from white refined flours without nuts, seeds, or dried fruit.  <b>Breads:</b> white or rye <b>Crackers:</b> soda, melba toast, Ritz  <b>Cereals:</b> Special K, Rice Krispies, Corn Flakes, Oatmeal, Cream of Wheat or Rice, Cheerios  <b>Pasta and Rice:</b> white pasta, white rice, barley	Grains made with whole grain flour and products that have nuts, seeds or dried fruit.  <b>Breads:</b> whole grain, nut or seed bread <b>Crackers:</b> any with seeds  <b>Cereals:</b> whole grain or bran cereal, granola, steel cut oats, cereals containing nuts, seeds, dried fruit  <b>Pasta and Rice:</b> whole grain or wild rice, millet, quinoa, whole grain pasta or white pasta with added fibre
Meat Products	Beef, fish, chicken, turkey, shrimp, lobster, crab, shell fish, eggs	Processed meats with casings or skins (sausage, deli-made wieners)
Plant Based Products	Well pureed hummus, smooth nut butters (peanut, almond etc.), tofu	Legumes (lentils, dried beans, peas soybeans, chickpeas, kidney beans, etc.), chunky nut butters

<p>Fruits</p>	<p>All juices except prune</p> <p><b>Canned fruit:</b> pears, peaches, mandarins, arpicots</p> <p><b>Whole fruit without seeds, skins and membranes:</b> apple, pear, banana, apricots, cantaloupe, honeydew melon, peaches, nectarines, mango, plums, watermelon, oranges</p>	<p>Prune juice</p> <p><b>Dried fruit:</b> prunes, raisins, dates, figs, apricots, etc.</p> <p><b>Whole fruit with skins and seeds:</b> blackberries, strawberries, raspberries, blueberries, cranberries, cherries, grapes, kiwi, pineapple, rhubarb, canned fruit with skins, avocado</p>
<p>Vegetables</p>	<p><b>Well cooked vegetables without skins or seeds:</b> carrots, potatoes, parsnip, squash, beet and beet greens, green or wax beans, broccoli tips, asparagus tips, eggplant, pumpkin, turnip, sweet potato, tomato sauce and juice</p> <p><b>Canned vegetables:</b> all but corn and mushrooms</p> <p><b>Other:</b> tomato and cucumber without skins and seeds, bottled and roasted red peppers</p>	<p><b>All raw vegetables and stringy vegetables:</b> celery, Brussel sprouts, cabbage, corn, mushrooms, onions, okra, peas, radish, sauerkraut, spinach, swiss chard, salads, chines vegetables (bok choy, bamboo shoots, sprouts), fiddleheads, coleslaw</p> <p><b>Canned vegetables:</b> corn and mushrooms</p>
<p>Fats and Oils</p>	<p>All oils, butter, margarine, cream cheese and mayonnaise</p>	
<p>Desserts and Snacks</p>	<p>All candy, chocolate and baked goods that do not contain nuts, seeds, dried fruit or fresh fruit on the avoid list</p> <p>Chips, pretzels and cheesies</p>	<p>Any desserts containing nuts, seeds and dried fruit or fruit on the avoid list</p> <p>Popcorn, corn chips</p>
<p>Other</p>	<p>Mustard, ketchup, BBQ sauce, ground spices, vinegar, tea, coffee</p>	<p>Relish, olives, pickles, coconut, whole spices</p>

## Appendix C: Commercial and Homemade Oral Rehydration Solutions

### Commercial Rehydration Solutions:

- Gastrolyte, Pedialyte, Ceralyte

### Homemade Rehydration Solutions:

Base Beverage	Recipe
Water	<ul style="list-style-type: none"> <li>• 4 cups (1000ml) water</li> <li>• <math>\frac{3}{4}</math> tsp of table salt</li> <li>• 2 Tbsp sugar</li> <li>• Optional: crystal light to taste</li> </ul>
Gatorade G2	<ul style="list-style-type: none"> <li>• 4 cups Gatorade G2 (1000ml)</li> <li>• <math>\frac{1}{2}</math> tsp table salt</li> </ul>
Chicken Broth	<ul style="list-style-type: none"> <li>• 4 cups (1000ml) of water</li> <li>• 1 dry chicken broth cube or package</li> <li>• <math>\frac{1}{4}</math> tsp table salt</li> <li>• 2 Tbsp sugar</li> </ul> <p>OR</p> <ul style="list-style-type: none"> <li>• 2 cups (500ml) chicken broth (not low sodium)</li> <li>• 2 cups (500ml) of water</li> <li>• 2 Tbsp of sugar</li> </ul>
Tomato Juice	<ul style="list-style-type: none"> <li>• 2 and <math>\frac{1}{2}</math> cups (625ml) tomato juice (not V8 or bloody mary mix)</li> <li>• 1 and <math>\frac{1}{2}</math> cups (375ml) water</li> </ul>
Cranberry Juice	<ul style="list-style-type: none"> <li>• <math>\frac{3}{4}</math> cup (190ml) juice</li> <li>• 3 and <math>\frac{1}{4}</math> cups (815ml) water</li> <li>• <math>\frac{3}{4}</math> tsp table salt</li> </ul>
Cereal-Based	<ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> cup dry baby rice cereal, cooked</li> <li>• 2 cups (500ml) water</li> <li>• <math>\frac{1}{4}</math> tsp table salt</li> <li>• Combine ingredients and mix until well dissolved and smooth. Refrigerate. Solution should be thick but pourable and drinkable.</li> </ul>
Gatorade	<ul style="list-style-type: none"> <li>• 2 cups (500ml) of Gatorade (not G2)</li> <li>• 2 cups (500ml) water</li> <li>• <math>\frac{1}{2}</math> tsp salt</li> </ul>