

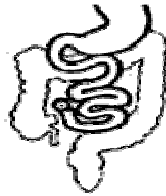


Ostomy Nutrition Guide

- An ostomy is a surgical opening from the small or large bowel to the stomach. The opening (called a stoma) goes through the skin to an attached pouch that collects the stool. There are two types of ostomies:
 - A **colostomy** (where the large intestine (colon) is brought through the skin)
 - The stool of a colostomy can range from semi-solid to solid



- An **ileostomy** (where the small bowel (ileum) is brought through the skin)
- The stool coming out of your ileostomy can range from liquid to paste-like



- Following surgery, your bowel will be swollen therefore causing the passage way for stool to become much narrower. Until your bowel has healed, your Dietitian will provide you with a **temporary** special diet that is **low in fibre** to help prevent bowel obstructions. Because the diameter on the inside of the ileum is smaller than the colon, there is a higher risk of blockage if you have an ileostomy. Once your bowel has healed, a low fibre diet is no longer required and you may return to your normal diet. See the low fibre handout for details.
- It is important to try and drink at least 2 litres (64 ounces) of fluid a day (1 litre of this should be from water) to replace the fluids lost in the output.
- Limit caffeine beverages to 3 cups per day (e.g. coffee, tea, cola-type drinks, chocolate). Caffeine may cause greater loss of fluid through the urine.
- Eat 3 or more times a day to help the ostomy function and to reduce gas. Chew your food very well.
- Certain foods may cause gas, odour, diarrhea or constipation. The following page will provide you with tips on how to manage these symptoms.

Managing Symptoms of Your Ostomy

Symptom	Tips To Help
Gas	<ul style="list-style-type: none">• Vegetables 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 meal and try not to skip meals○ 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
Diarrhea/High Output	<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
Constipation	<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• Exercise may also help relieve constipation

Blockage

- **Foods that may cause blockage:**
 - Celery, mushrooms, corn, coleslaw, Chinese vegetables, peas, vegetable and fruit skins, salad greens, relishes, raw pineapple, coconut, rhubarb, dried fruit
 - Nuts, seeds, beans, lentils, legumes, popcorn

If you have any questions or concerns, please contact your Dietitian:

Name: _____

Number: _____

Sources:

- Dietitians of Canada: PEN topic Ostomy
- Dietitians of Canada: Eating Guidelines for People Who Have an Ostomy
- University of Virginia Digestive Health Center
- Hamilton Health Sciences Patient Education
- University of Pittsburgh Medical Center: Ostomy Nutrition Guide
- American Dietetic Association, Manual of Clinical Dietetics 6th Ed. 2000
- American Society for Parenteral and Enteral Nutrition: Ileostomy Diet
- Mount Sinai Hospital IBDC- For Caregivers- Care Standards.
[Http://mitsinai.on.ca/IBD/patient/nutrition/foods.htm](http://mitsinai.on.ca/IBD/patient/nutrition/foods.htm)