

Nutrition and Your Ileostomy

Preventing Blockage

For those with ileostomies, blockage is a concern during the first four to six weeks after surgery. Blockage can be caused by eating LARGE AMOUNTS of foods that are not well digested. Foods that may irritate your stoma or cause blockage are: **coarse wheat bran (all bran), nuts/peanuts, large fruit pits, popcorn, celery strands, whole kernel corn, bean sprouts, raw mushrooms and raw pineapple.**

You may slowly add these foods back into your diet seven weeks after your surgery. Remember to EAT SLOWLY, CHEW FOOD WELL and EAT IN A RELAXED SETTING. Eat more at breakfast and lunch, and less at supper and in the evening to lessen the filling of your ostomy bag through the night.

Each person's tolerance to food will vary. If a food bothers you, try it AT LEAST three times before you consider removing it from your diet.

Ostomies & Fluid

Fluid intake is very IMPORTANT, especially for those with ileostomies. Fluids include water, juice, milk, soup, Jell-o, ice cream, sherbet, popsicle, decaffeinated tea and coffee. Drink at least eight to 10 cups daily. **1 cup = 250mL/8oz.**

Signs of Dehydration (Not Enough Fluid)

- Dizziness, lightheadedness
- Reduced urine output
- Feeling thirsty
- Urine is dark yellow
- Dry mouth and tongue
- Feeling agitated and restless

If you experience any of these symptoms longer than 48 hours contact your surgeon or primary care provider.

Sodium and Potassium

Sodium and potassium are nutrients that are lost from an ileostomy; you will require larger quantities of these nutrients in your daily diet.

High-Sodium Foods	High-Potassium Foods
Table salt, vegetable cocktail, bacon, cold cuts, pizza, broth, salty snack foods, cheese, pickles, canned or dried soups	Banana, tomato juice, tomato, French fries, spinach, peaches, orange, orange juice, baked potato, apricots, milk

Foods That Thicken Stool

Applesauce, oat bran, rice, potatoes, peanut butter, crackers, marshmallows, bananas, tapioca, macaroni, cheddar cheese, bread, oatmeal

Foods That Loosen Stool

Alcohol, prune juice, beer, baked beans, caffeinated tea, pop, licorice, chocolate, wine, spicy foods, lentils, coffee, hot chocolate

Foods That Cause Odour

Fish, asparagus, onions, Brussels sprouts, eggs, garlic, strong cheeses

Remember...odour is NORMAL and EXPECTED due to digestion of all food. Before removing any of these foods from your diet consider alternative methods for controlling odour, e.g. ostomy deodorant.

Foods That Cause Gas

Kidney, baked or white beans; lettuce; broccoli; cabbage; cauliflower; Brussels sprouts; radishes; cucumbers; onions; turnips; eggs; green peppers; melons; apple skins; beer; carbonated beverages

To Prevent Excess Gas

1. Avoid skipping meals as an empty stomach can cause more gas to form.
2. Sip rather than gulp liquids.
3. Avoid using a straw.
4. Avoid chewing gum.
5. Avoid smoking.

If you snore or breathe through your mouth when sleeping this will cause your ostomy pouch to fill with air.