

Dietary advice for the Ostomist is always difficult, as what is right for one is not right for another, and this can lead to confusion.

For a healthy life we are encouraged to eat a high fibre, low salt, low fat diet, but for some Ostomists this can be harmful. If unsure, you should seek advice from your Stoma Care Nurse, who can explain why some foods may not be right for you. Our aim with this information booklet is to offer you some guidelines, explaining the effects certain foods may have on your digestion and stoma output.

During early stages of convalescence, when a full diet may not be tolerated, 'Bran' may be sprinkled over food between 2-6 teaspoons daily. This can be mixed with yoghurt, which helps put the natural bacteria, essential for health, back into the gut.



Remember

Chew all food very well. Foods that gave you 'wind' before surgery will probably continue to do so.

Don't skip meals. If you leave long gaps between meals you could get a build up of 'wind'. Better to eat little and often.

Above all, you should eat a well balanced, healthy diet.

Wherever possible reduce your calorie intake and take more exercise.

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Dietary Advice



Fibre is a good source of 'regulating' bowel action for a Colostomist. It has no nutritional value but it absorbs water, which adds bulk to food.

For an Ileostomist it is useful in smaller quantities, adding just enough to make the output 'toothpasty'. Because it absorbs water from the food it is recommended for an excessively fluid stool, thereby decreasing fluid loss. Remember though, to decrease bran intake as your diet improves, as too much may interfere with the absorption of essential vitamins.

Fibre is found in:

Wholewheat flour, wholegrain cereals – Weetabix, Muesli, Shredded Wheat, wholemeal bread, white bread, pasta, brown rice, fruit, vegetables, pulses, and beans

Vitamins Extra vitamins are not necessary if you can manage a varied healthy diet.

Vitamins are found in fruit, fruit juice, vegetables

Vitamin C as well as Cranberry juice is useful for Urostomists, in helping to clear mucous.

Alcohol is better in moderation as it will increase dehydration and fluid loss, especially in hot weather when it is better to drink long non-alcoholic drinks.

Fats are needed for the health of all cells, they protect vital organs and help regulate the body's temperature. Too much is harmful, and fat should not exceed one third of all daily calorie intake.

Foods that can or may...

Cause flatus

Cabbage, beans, onions, nuts, cucumbers, carbonated drinks and beer.

Cause odour

Fish, onions, cabbage, eggs, garlic, baked beans and asparagus.

Control odour

Tomato juice, orange juice, yoghurt and parsley.

Increase stool volume

Raw vegetables, spices, prunes, bran cereals, green leafy vegetables, milk and fresh fruit.

Be bulk-forming

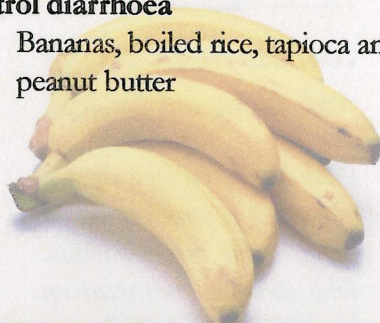
Corn, lettuce, noodles and wholemeal bread.

Alleviate constipation

Increased fluid intake, fresh fruit, coffee and vegetables.

Control diarrhoea

Bananas, boiled rice, tapioca and peanut butter



Take care with foods which do not digest well

Coconut, nuts, popcorn, sweetcorn, tomato skins, onions and seeded fruit such as raspberries.

Foods to avoid if you are looking for energy but not excessive calories

Sweets, cakes, biscuits, syrups, sugary and alcoholic drinks.

Proteins are body-building foods which are needed every day.

They can be found in Milk and dairy products, eggs, lean meat, poultry and fish.

Carbohydrates are energy giving foods found in

Bread, potatoes, pasta, fresh fruit, cereal, and root vegetables.

