

Fluid intake

- Drink regularly throughout the day
- Aim to drink 8 glasses (2000 ml) of fluid per day. Fluid intake should be varied and can include water, cordial, milk, nutritional drinks, soups, half strength fruit juice, tea, sports drinks (caution if you are a diabetic due to sugar content)
- Alcohol and drinks containing large amounts of caffeine (e.g. strong coffee and tea) should not be counted in your daily intake, as they can often increase fluid losses. Their intake should be kept to a minimum
- Increase your fluid intake on hot days when you are perspiring more than usual or when you are doing heavy exercise
- Do not drink a lot of fluid prior to a meal
- Replace lost salts / electrolytes by drinking sports drinks
- A banana a day can assist in keeping your potassium levels normal (consult a doctor if you have concerns regarding this)
- If you have a continuous watery output, contact your doctor or Stomal Therapy Nurse – dehydration can occur readily

Medications

Some medications or nutritional supplements may alter the colour, odour or consistency of your stool. If you have any questions about medications you are taking and the effect it may have on your ileostomy (especially when commencing a new medication), ask your doctor, pharmacist or your Stomal Therapy Nurse.

To obtain further information or help with any stoma questions, contact your **Stomal Therapy Nurse**

Name:

Phone:

Hours:

**The information in this brochure has been developed as a general guide only. Any concerns need to be discussed with your Stomal Therapy Nurse, doctor, dietician or pharmacist.*

Eating and drinking for the person with an ileostomy



ABN 16 072 891 322
Stoma / Wound / Continence

Prepared as a guide by the:
Australian Association Of
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Education and Professional
Development Subcommittee

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Level IV Evidence (Expert Opinion)

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GENERAL INFORMATION

This dietary information has been compiled as a **“Guide only”**

- Because you now have an ileostomy you do not have to change your eating habits
- You may now be able to eat foods you were having trouble with prior to surgery
- Each person is an individual and will react to each food type in their own way
- It is important that you have a well balanced diet
- You will find after your operation that the ileostomy starts to work with a fluid output: this will later become a thick paste
- If your output remains of a fluid consistency see your Doctor or Stomal Therapy Nurse, as you may require medication to thicken the output
- Some foods will change the colour of your stool, for example: beetroot may turn your output red
- **It is important to chew all food well**

Reducing gas / wind production

- Eat your food slowly and avoid gulping or eating too much food at one time
- Eat regular meals, as skipping meals is more likely to increase gas production
- It may also be a result of swallowing air. Chewing gum, chewing with your mouth open, drinking with a straw, smoking and snoring can increase the amount of air you swallow

Foods that may CAUSE gas / wind

Cucumber	Peas	Beans	Eggs
Orange juice	Onions	Mushrooms	Cabbage
Brussel sprouts	Broccoli	Cauliflower	Yeast
Baked beans	Garlic	Chewing gum	
Fizzy drinks / carbonated beverages including beer			
Low calorie sweets and lollies (with sorbitol)			
Lactose (if intolerant)			

Foods that may PRODUCE odour

Cheese	Beans	Onions	Lentils
Cabbage	Fish	Asparagus	Eggs
Garlic	Some vitamins and medications		

Foods that may REDUCE odour

Fresh parsley	Stewed or grated apple (no skin)		
Yalkult	Buttermilk	Cranberry juice	

Foods to help THICKEN your stomal output

Pasta	Pumpkin	Dumplings	Custard
Pancakes	Pretzels	Tapioca / Sago	Rice
Bananas	Toast	Mashed potato	
Apple sauce	Uncooked corn flour		
Marshmallows	Smooth peanut butter	Jelly babies /beans	
White bread (not fresh)	Fresh grated apple (no skin)		

Foods that can CAUSE a BLOCKAGE

Highly fibrous foods, especially in a large quantity, will not pass easily through your stoma. These can cause a **blockage** in the small bowel. It is advisable either not to eat these foods or only eat in small quantities.

It is important to chew these foods well

Mango	Mushrooms	Peas	Pineapple
Rhubarb	Celery	Coconut	Popcorn
Nuts	Corn	Coleslaw	Dried fruits
Some sausage casings	Breads / rolls with seeds	Figs	

What to do if a blockage occurs

- Stop solids but continue to drink fluids
- Have a warm bath and you may take a mild analgesic (pain killer)
- Rest with a hot water bottle on your abdomen – ensure the bottle is wrapped in a towel / cloth to avoid burning
- Massage your abdomen in a clockwise motion
- If pain continues, see your local doctor or emergency department
- **Never** take opening medicine (laxatives)