

Special considerations:

If you are to have closure of your ileostomy OR a colonoscopy of the “inactive or bypassed” end of your bowel, **DO NOT TAKE THE BOWEL PREPARATION THAT YOU MAY HAVE BEEN GIVEN** – you only need to fast for 4 hours prior to the procedure

Check that the Doctor does not want your “inactive” end of bowel washed out. Please contact your Stomal Therapy Nurse or Surgical team for more information

Take this brochure with you to your Doctor or Pharmacist to make sure they know what kind of stoma you have

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 or pharmacist*

Food, fluids and electrolyte balance for the person with an ileostomy



ABN 16 072 891 322
Stoma / Wound / Continence

Prepared as a guide by the:
Australian Association of
Stomal Therapy Nurses Inc.
Education and Professional
Development Subcommittee

Developed 2010 – Reviewed 2013
Level IV Evidence (Expert Opinion)

www.stomalthrapy.com

Ileostomy diet, fluids, output and medications

- You do **not** need a high fibre diet when you have an ileostomy
- You **do** need more water and other fluids than you did before
- You may need to have smaller, more frequent meals
- You will need to chew your food well
- You will need to increase your salt intake
- Check with your Doctor or Stomal Therapy Nurse that your tablets will dissolve before reaching your ileostomy bag

Ileostomy output – what to expect

Your ileostomy output should become the consistency of “baby food” or “soft mashed potato” when you are eating and drinking to meet the needs of your body. Why? The function of the large bowel is reabsorption of fluid from small bowel (ileum) contents, so when your large bowel is removed or being bypassed, this cannot take place. Thus fluid is lost through your ileostomy. You therefore need to take in more fluid and “electrolytes” (salts) to make up for this loss

What to drink:

You will need to drink approximately 2 Litres per day and even more if it is hot and humid or you are working hard and sweating a lot.

Discuss this with your Doctor, Dietician or Stomal Therapy Nurse if you have a medical condition that affects the amount of fluid you are allowed to drink e.g. a heart condition or kidney disease

Drinks you can have:

- Water
- Electrolyte fluids e.g. Hydrolyte, Repalyte, Gastrolyte, Sqwincher
- Sports drinks e.g. Gatorade, Powerade (limit the amount, as these drinks are high in sugar)
- Fruit juice – can be high in sugar
- Tea and coffee, diet cordial – ordinary cordial is high in sugar

Medications / tablets:

Do not take any slow release, enteric coated or sugar coated tablets. The medication will not be absorbed, as these tablets are meant to dissolve in the large bowel – they will come into your bag looking just like they did when you swallowed them and are therefore ineffective.

Discuss any medications you are on with your Doctor, Pharmacist or Stomal Therapy Nurse

Red Alert: Electrolyte Imbalance

If you feel unwell, have a headache or are dizzy, have a dry tongue, concentrated urine or cramps you may be dehydrated and missing some electrolytes – you need to eat something high in salt and drink more fluid other than water. Examples are:

- Potato crisps
- Cup of soup or canned soup
- Preserved foods e.g. ham and silverside
- Products that come in a packet or tin
- Salt tablets

Foods:

Ensure adequate protein intake to build and repair muscle:

- Meats e.g. beef, lamb, pork, chicken, fish
- Eggs and dairy products - milk, cheese, yogurt

Tip: To help recovery after your operation you can add extra protein by using 1 tablespoon skim milk powder in milk drinks and added to some foods or soups. Sustagen or Ensure may also help to build your strength

Controlling your output:

If your ileostomy output is watery you can thicken it up by:

- Mixing 1 teaspoon of Psyllium Husk or Metamucil in 1 tablespoon of water and drink quickly before it swells – the Psyllium / Metamucil will swell around your food or drink and help to thicken the output that comes into your bag. (You can buy Psyllium in the health food or cereal sections of the supermarket – it is much cheaper than buying Metamucil)
- Use Gastrostop (break the capsule open), Imodium or Codeine Phosphate as prescribed by the Doctor to help thicken the output
- Eat smaller meals more often
- Add more salts or electrolyte drinks
- Call your Stomal Therapy Nurse or GP if you have a concern
- Call your Doctor or go to the hospital if your ileostomy does not work for 6 hours, you have abdominal pain or start vomiting