

Helpful Tips for Life with an Ostomy

- ✔ **Eat on a regular schedule.** Regular meals will help you absorb nutrients from food. An empty stomach can also increase gas production and watery stools.
- ✔ **Eat your largest meal in the middle of the day** to avoid high ostomy output at night.
- ✔ **To limit excessive gas production,** avoid chewing gum, drinking with a straw, gulping beverages, eating quickly, chewing tobacco, and smoking. These things can cause you to swallow air and may lead to gas production.

Gas is a normal part of digestion. Your body will release gas about 2-4 hours after eating gas-producing foods.

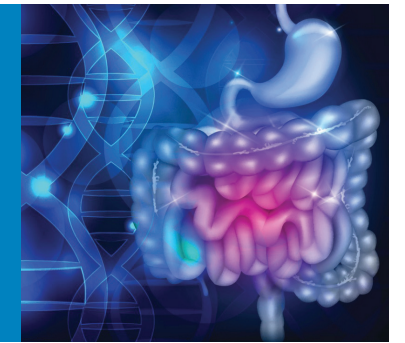
Odor is also a normal part of digestion. Before eliminating foods you enjoy, consider trying odor-controlling products such as ostomy deodorant.

Some foods may change the color of your stool.

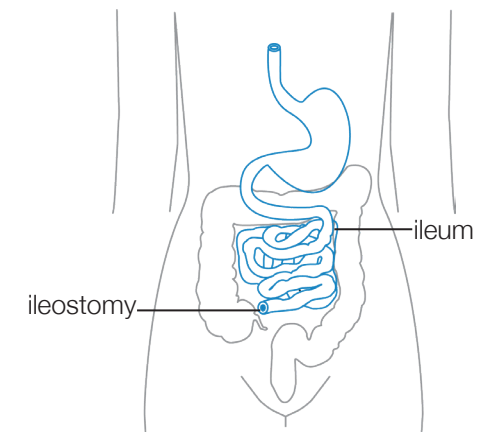
- ✔ **If you are losing weight,** try an oral nutrition supplement such as Boost, Ensure, Kate Farms Complete, Orgain and Carnation Instant Breakfast. If you have diarrhea or high ostomy output, choose lower sugar versions such as Boost Glucose Control, Glucerna, Ensure Max Protein, or Protein Powders.
- ✔ **If you do not like supplements, try snacks.** For example, five saltine crackers with 2 ounces of cheddar cheese, four graham crackers with 2 tablespoons peanut butter, or ½-cup cottage cheese with canned peaches.

Notes

Nutrition and Ileostomy



An ileostomy is created when part of the small intestine (the ileum) is brought through the abdominal wall. This creates an opening, called a stoma. The stoma becomes the exit for all bowel movements and gas.



This handout provides information on diet after ileostomy.

Diet after Ileostomy

After surgery, your stoma will be swollen. A low residue diet will be prescribed to prevent a blockage at your stoma while swelling decreases. This diet should be followed for about 6 weeks after surgery. A low residue diet limits foods high in fiber.

General Guidelines for First Six Weeks after Surgery

Choose soft, peeled fruits. Good options include canned fruits, pureed fruits, peeled cooked fruits, or soft fruits such as ripe bananas or melons. Avoid dried fruits and raw fruits with skins, membranes, or seeds.

Select well-cooked vegetables without skins or seeds. Choose soft, cooked or canned vegetables, pureed vegetables, pulp-free vegetable juice or peeled potatoes. Avoid raw and stringy vegetables.

Pick refined grains. Opt for white bread, refined cereals, white rice and white pasta. Avoid whole grains, brown rice, bran, and breads with nuts or seeds.

Choose soft, tender meats and protein foods. Good protein choices include ground meats and poultry, flaky fish, eggs, creamy nut butters, dairy products, and tofu. Avoid meats that are tough, chewy, or in casings, whole nuts and seeds, and beans.

Eat slowly and chew foods well. Chew foods to the consistency of applesauce to avoid blockages and better absorb nutrients.

Eat small, frequent meals. Aim to eat six small meals per day instead of three larger ones. Small, frequent meals will help prevent bloating and help you absorb your meals better.

Drink plenty of fluids. People with ileostomies are at risk for dehydration. Aim for at least 8-10 cups of fluids daily.

Take a multivitamin with minerals daily. You may not get all the vitamins and minerals you need while following a low residue diet. Until your diet returns to normal, take a chewable multivitamin with minerals such as Centrum Chewable, Trader Joe's High Potency Chewable Vitamin, or Flintstone's Chewable.

Questions? Visit: <https://ostomy.ucsf.edu>

UCSF Health



A Guide to Food Choices First 6 Weeks

Food Groups

Food Groups	Foods to Choose	Foods to Avoid
Fruit	Canned fruit (except pineapple) Cooked and peeled fruit Pureed fruits Raw fruits without skins and seeds such as ripe bananas and honeydew Pulp free fruit juice	Fresh fruit with skins or seeds such as apples, apricots, berries, cherries, figs, grapes, grapefruit, oranges, pineapple Dried fruits Fruit juices with pulp, prune juice
Vegetables	Canned or well cooked vegetables without skins or seeds such as carrots, beets, asparagus tips, winter squash, sweet or white potato, broccoli florets, processed tomato products Pureed vegetables without skin Pulp-free vegetable juice	Any raw or undercooked vegetables. Fibrous vegetables such as artichokes, Brussels sprouts, cabbage, cauliflower, celery, corn, cucumber, lettuce and salad greens, mushrooms, raw onions or onion rings, bean sprouts, peas, peppers, potato skins, radishes, tomatoes, spinach, collard greens, kale, Swiss chard, beet greens
Grains & Starches	White breads, crackers, rolls, bagels, biscuits, tortillas, pastas, pancakes, waffles Low fiber cereals White rice, couscous, polenta Pretzels Products with 2 grams or less of fiber per serving	Whole grain or whole wheat breads, crackers, rolls, bagels, tortillas, pastas, pancakes, waffles High fiber cereals Brown rice, wild rice, quinoa, barley, bulgur, buckwheat Any products baked with nuts or seeds Popcorn
Dairy & Milk Substitutes	Cheese, yogurt, cream cheese, cottage cheese, pudding, milk, almond milk, rice milk, soy milk, non-dairy creamer	Yogurt with pieces of fruit or seeds Cheese with nuts or seeds High fat dairy if poorly tolerated
Protein	Ground or well-cooked poultry, beef, lamb, pork, fish Eggs, tofu, seitan Creamy nut butters (for example, peanut butter, cashew butter, almond butter)	Tough, fibrous meats with gristle Legumes including beans and lentils Meats in casings or with whole spices Veggie patties with beans, whole grains, or corn Nuts, crunchy nut butters, seeds
Fats & Oils	Butter, vegetable oils, mayonnaise	Deep fried, greasy foods
Other	Seedless jam and jelly, ketchup, mustard, honey, syrup, sugar, ground herbs and spices	Coconut, pickles, relish, olives, ground mustard, chili sauce with pieces of skins or seeds, marmalade, jams/jellies with seeds Spicy foods if poorly tolerated

Transitioning Back to a Regular Diet

About six weeks after your surgery, swelling of your ostomy site should be reduced. You can then begin to add foods back into your diet. Try small portions from the list of foods that are in the avoid column in this handout. Try just one new food each day and watch for symptoms. Start with foods that you were able to eat without problems before surgery. Continue to chew well.

If you tolerate these foods, continue to add foods one at a time until you are back to your normal diet. If any foods

cause bloating, cramping, or nausea, make a note. Avoid those foods. After 2-3 more weeks you can try them again in small amounts.

Generally, there are no foods you will need to permanently avoid. In time you should be able to tolerate a regular diet. Some people continue to have discomfort after eating certain types of foods. Avoid foods and beverages if they are a problem for you.

Foods that May Affect Ostomy Output

May Produce Odor		May Increase Stool Output	
Asparagus	Cheese	Alcohol	Prunes, prune juice
Beans	Fish	Beans	Raisins
Broccoli	Garlic	Caffeinated beverages	Raw vegetables
Brussel sprouts	Mushrooms	Fried food	Spicy foods
Cabbage	Onions	Fruits with skins	Sugary beverages and foods
Cauliflower		Lactose	Whole grains
May Cause Stoma Blockage		May Produce Gas	
Apple peel	Grapefruit	Alcohol	Cauliflower
Celery	Mushrooms	Beans	Chewing gum
Coconut	Nuts	Broccoli	Cucumber
Coleslaw	Oranges	Brussel Sprouts	Dairy products
Corn	Pineapple	Cabbage	Eggs
Dried fruit	Popcorn	Carbonated beverages	Onions
Grapes	Salads	Peas	
May Change Stool Color		May Help Control Odor	
Asparagus	Iron supplements	Buttermilk	Tomato juice
Beets	Red Jell-O	Cranberry juice	Yogurt
Food colors (red)		Parsley (fresh)	
May Help Thicken Loose Stool		May Help Loosen Stool if Constipated	
Applesauce	Pretzels	Any warm or hot beverages	Cooked vegetables
Bananas	Saltine crackers	Coffee (warm/hot)	Fresh fruits
Cheese	White bread	Cooked fruits	Fruit juices
Creamy peanut butter	White pasta		Water
Marshmallows	White rice		
Oatmeal	Yogurt		
Potatoes (peeled)			