

## Food and Drink

Having a stoma does not mean that you have to be on a special diet just make sure you eat a healthy balanced diet, add fibre to your diet gradually and see if these agree with your system. If you don't, leave it for a while and then try. Any medication you take will work just as before.

Consult your GP, hospital, doctors and pharmacist that you have a stoma when you are prescribing or dispensing your medication.

Antibiotics may make your stool softer/looser in consistency.

Acids can cause constipation so can painkillers.



## Your Associations Ileostomy & Internal Pouch Support Group

15 Station Road, Reading  
Berkshire, RG 1LG  
0800 328 4257

Advice, information and counselling regarding ileostomies. Contact with other ostomates and local association contact.

## British Colostomy Association

15 Station Road, Reading  
Berkshire, RG 1LG  
0800 328 4257

Advice, information and counselling regarding colostomies.

## Urostomy Association

Buckland, Beaumont Park, Danbury  
Essex CM3 4DE  
01245 224294

Advice, information and counselling regarding urostomies.

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and cutting out the fuss*

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# Temporary Stomas

