

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.

Written by
Michelle Sorley R.G.N.

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and cutting out the fuss*

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Temporary Stomas

