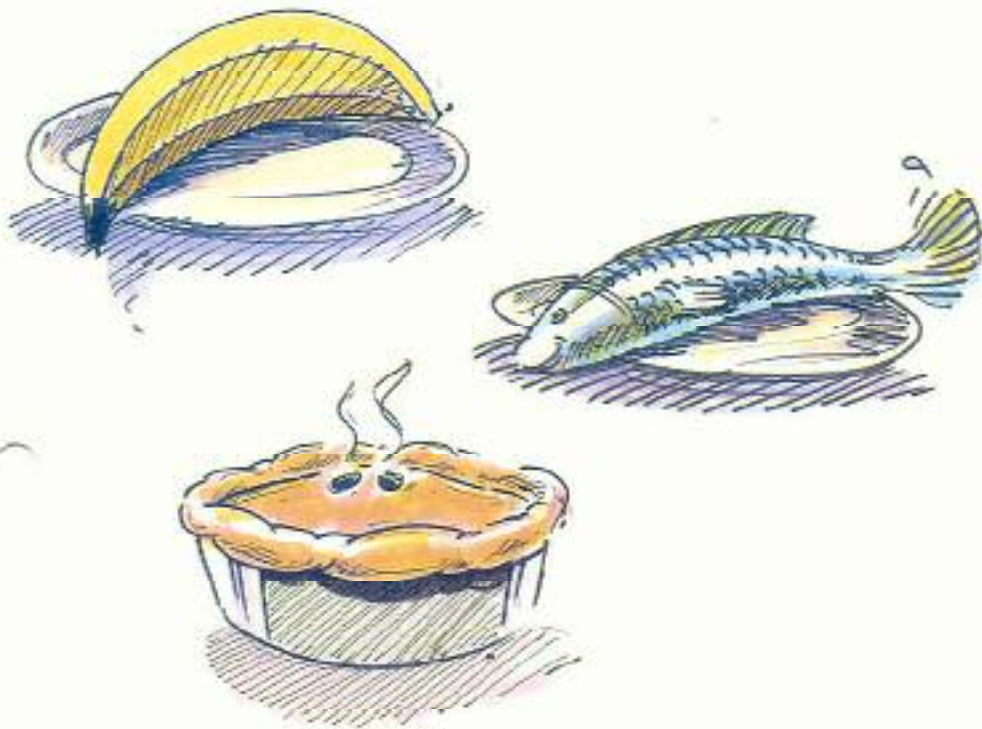


**Dietary Advice
for those with
Ileostomy / Colostomy**





TRIAL AND ERROR IS THE ORDER OF THE DAY. CERTAIN FOODS WHICH MAY CAUSE PROBLEMS INITIALLY MAY BE TOLERATED AT A LATER DATE. DO NOT BE AFRAID TO RE-TEST FOODS. BE ADVENTUROUS.

It is important to eat as varied a diet as possible in order to maintain health, being too restrictive with what you eat may lead to Nutritional Deficiencies and almost certainly to boredom.

FOR THE FIRST TWO WEEKS ...

you may be advised to follow a low fibre diet.

ie. Avoid or eat in moderation fruit, vegetables and wholegrain products.

AFTER THE INITIAL TWO WEEKS ...

It is very important that you follow a normal diet.

1. Increase your fibre intake, try wholemeal bread (avoid those with seeds).

Try Digestives, wholewheat / rye crackers and crisp breads, bran biscuits, try baking with wholemeal flour.

2. Select a greater variety of fruit and vegetables. It may be necessary in some cases to peel them.

3. Avoid or be wary of seeds, pips and nuts (Ileostomists only).





4. Eat regularly
5. Introduce new foods one at a time so that you can identify those which may cause a problem.
6. Chew the food well.
7. Try to keep to your ideal weight.

FLUID INTAKE

*Be sure to drink ample fluids
- at least 2 pints of liquid a day.*

For ileostomists, because you are losing a lot of fluid and salts make sure you drink plenty and add salt to your foods to avoid dehydration. This is especially important in hot weather.

If you think you are dehydrated drink a glass of coke and eat a packet of salted crisps or you can make the following drink:

- 1 litre of water
- 2.5gm sodium bicarbonate
- 3.5gm salt (cooking variety)
- 20.0gm glucose

Mix these together, add flavouring, for example orange juice, keep in the fridge and drink throughout the day if necessary.



GENERAL GUIDELINES

Please contact your GP if diarrhoea persists.

Do not try to alter the activity of your stoma by reducing fluid intake or missing meals. This will either make you dehydrated or make your stoma work more.

Your stoma will work best if you eat regularly.

Your own personal experience of food is what matters and you may find that you never have any problems.

Remember - These are general guidelines. Experiment along these lines and you will soon find out which is best for you.



CONTACT YOUR STOMA NURSE IF YOU ARE UNSURE OF ANYTHING OR REQUIRE MORE ADVICE

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Leaders in Home Delivery
Freephone 0800 626388
Ireland 1-800 408508

Problems which may arise and how to deal with them

Wind

1. Certain foods may cause wind - sprouts, peas, cauliflower, baked beans.
2. Eat slowly.
3. Chew food well with mouth closed - don't gulp air.
4. Washing food down with a drink can sometimes cause wind - especially fizzy drinks.

Constipation

This can occasionally cause some problems and there are one or two simple remedies to try before seeking further help.

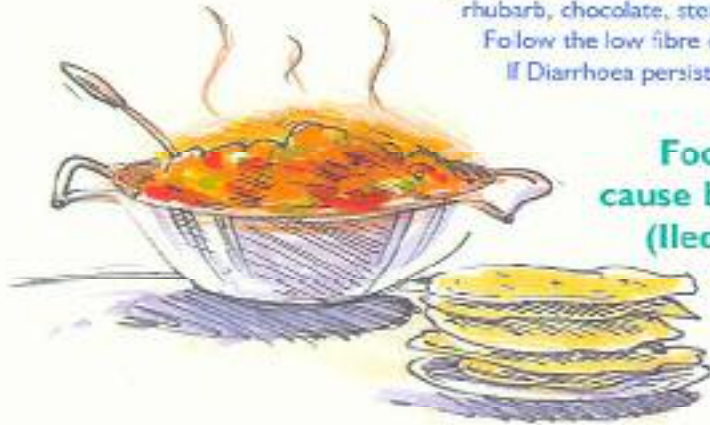
1. Increase fresh fruit and / or fresh fruit juice, vegetables and fibre foods.
2. Increase fluids especially when increasing fibre.
3. Try, where possible, to do some gentle exercise, ie. walking, swimming.



If this still does not solve the problem, contact your GP or Stoma Care Nurse for further advice. Do NOT take laxatives without first seeking advice.

Foods which may cause diarrhoea if taken in large quantities

Spicy foods, onions, pure fruit juice, prunes, rhubarb, chocolate, stewed fruit, alcohol.
Follow the low fibre diet temporarily.
If Diarrhoea persists seek medical advice.



Foods which may cause blockage of stoma (Ileostomists only).

Celery, nuts, sweetcorn, coconut, seeds, stalks of cauliflower and fruit peel / skin.

Some foods which may cause an offensive odour

Baked beans, peas, onion, cabbage, egg, fish, certain cheeses, alcohol, yoghurt.

Fresh parsley - may reduce odour.

Remember - these are general guidelines.

Experiment along these lines and you will soon find out which is best for you.



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