

Nutrition after Ileostomy

These guidelines will help you stay healthy while your body recovers from ileostomy surgery.

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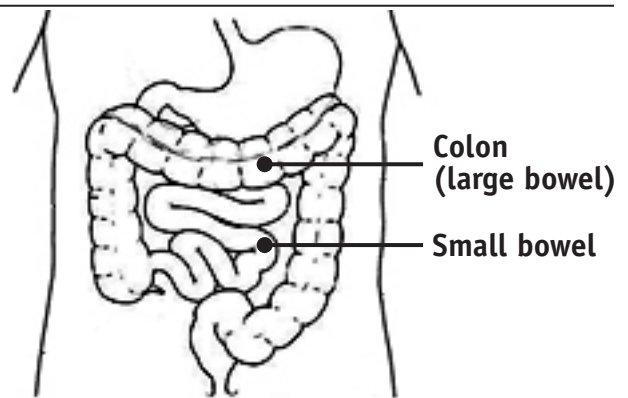
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Your ileostomy surgery date:

Introduction

A quick review of your intestines

When you swallow food, it lands in your stomach. After that the contents move to your small bowel. Most digestion happens in this long and narrow muscular tube. The small bowel is where proteins, fats and vitamins are absorbed. Next the contents enter your colon (also known as the large bowel). The colon absorbs water and electrolytes. The contents turn from liquid to formed bowel movements in the colon.



You have an ileostomy now. This is the name for an ostomy created from the last part of the small bowel. In other words, you are not using your colon.

Why should I read this booklet?

At first your ileostomy outputs will be very watery. This puts you at risk for dehydration. You need to drink plenty of fluid. Also, your bowel will be swollen after surgery. This swelling puts you at risk for a food blockage. You need to chew food well and be careful with food choices during the first **six to eight weeks after surgery**. This booklet will help guide you through these challenges.

If you are feeling unwell, you may be dehydrated

- Drink extra fluids. Refer to hydration (next page)



If this feeling persists, consult your doctor. You may need to get your sodium, potassium and magnesium blood levels checked.

Your first 6-8 weeks after surgery

Hydration – getting enough fluid

Signs of dehydration:

- feeling thirsty
- stomach cramping
- feeling dizzy or light-headed
- dry skin, mouth or tongue
- confusion
- dark – coloured urine
- decreased urine output
- restless or agitated feelings

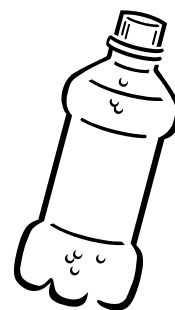
How much fluid should you drink?

You need to drink more fluid than you did before your surgery. Usually this means at least 2000 mL (8 cups) every day. Typically people need to drink an extra 500 mL - 750 mL (2 - 3 cups). Fluid needs will vary with ileostomy output. Discuss your individual situation with the dietitian if you have diabetes, heart or kidney problems and/or fluid retention.

Your personalized goal is to drink at least _____ mL
(___ cups) of fluid daily.

Ideas to help you manage your fluid intake:

- Drink fluids throughout the day in order to maximize absorption.
- Develop a schedule or pattern of drinking fluids (such as drinking a glass of fluid every 2 hours) and stick to it as much as possible.
- Bring a beverage with you when you are going out.
- Drink bottled water when traveling if water safety is questionable.



You will need to drink extra fluids when:

- You have signs of dehydration (see above list).
- Your ileostomy output is higher than usual.
- You are sweating more than usual (example during hot weather)

Note: If your output is greater than 1500 mL/d (6 cups/d) refer to trouble shooting section on page 12.

Nutrition tips for a new ileostomy

1. Drink a variety of fluids in addition to water. Suggested fluids:

- Vegetable juice
- Tea – caffeine free ideally but also green and black teas
- Soup – squash soup, carrot soup, miso soup, congee, chicken noodle soup, pureed vegetable & beef barley soup
- Coconut water
- Fruit juice – diluted or over ice
- Milk and substitutes – choose fortified versions of soy milk, oat milk, hemp milk, coconut milk & almond milk
- Kefir, smoothie, lassi, milkshake and yogurt drinks
- Hot chocolate and Malted drinks (like Horlicks & Milo)



2. 3Cs: Cut, cook and chew. Cut food into slender bite-sized pieces. Cook vegetables. Chew all food well.


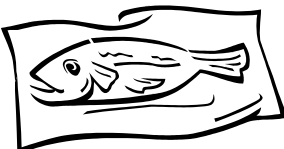
3. Choose only easily digested food. See the chart on pages 6-8

- Eat every 2 to 4 hours: Try for 3 meals and 2 snacks.
- Include safe protein food (found on page 6) at every meal to help with healing and strength.
- Include soluble fibre daily (marked with * on safe food list)

4. Take a chewable daily multivitamin with minerals.

Examples include: “Centrum Select® chewables” and Jamieson® “Regular Vita-Vim Multi Chewable™”

First 6–8 Weeks: Can use left column as grocery list

Safe Starchy Food	Avoid These Risky Foods
<p>Cereals: oatmeal*, cream of wheat, Cheerios®*, Rice Krispies®, Flakes, Puffs, oats* ...</p> <p>Grains: Rice (any type), pasta, barley*, couscous & soft quinoa.</p> <p>Baked goods: smooth textured soft breads, buns, pancakes, muffins, chapatti, tortillas, roti, etc.</p> 	<p>Any baked goods with seeds/nuts and/or visible pieces of grains:</p> <ul style="list-style-type: none"> ▪ Granola ▪ Bran muffins ▪ Bran cereals ▪ Grainy breads ▪ Dense breads like pumpernickel
Safe Protein Food	Avoid These Risky Foods
<p>Meats: chicken, turkey, beef, pork...</p> <p>Seafood: crab, halibut, mackerel, oysters, clams, salmon, sardines, scallops, shrimp, trout, tuna, etc.</p>  <p>Other: Tofu, cheese, yogurt, eggs</p> <p><u>Preparation notes:</u></p> <ul style="list-style-type: none"> ▪ Choose smooth nut butters* ▪ Chose mushy lentils <ul style="list-style-type: none"> ○ Hummus* ○ Dahl* ○ Lentil soup* ○ Split pea soup* ▪ Tempeh – cut into small pieces 	<ul style="list-style-type: none"> ▪ Beef Jerky ▪ Sausage casings ▪ RAW eggs ▪ RAW fish and seafood until at least 4 weeks from surgery then seaweed free sushi is okay. ▪ Whole nuts – any kind ▪ Large seeds – pine nuts, pumpkin seeds, sunflower seeds... ▪ Large whole legumes like chickpeas and soybeans (also known as edamame) ▪ Firm meat alternates like bean curd skin unless softened or cut into small pieces.

* **SOLUBLE FIBRE:** Particularly good sources of soluble fibre

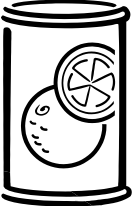

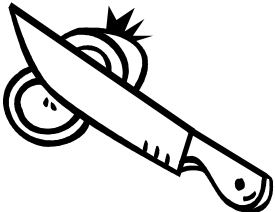
First 6–8 Weeks *continued...*

Safe Vegetables	Avoid These Risky Vegetables
<p>Easily digested vegetables include:</p> <ul style="list-style-type: none"> ▪ vegetable juice ▪ canned crushed tomato ▪ tomato paste ▪ relish – sweet & dill but not corn <p><u>Preparation notes:</u></p> <ul style="list-style-type: none"> ▪ Cut into slices <ul style="list-style-type: none"> ○ avocado* – ripe ▪ Cook in thin sticks until soft: <ul style="list-style-type: none"> ○ carrots* ○ parsnip* ○ turnip* ▪ Cook and cut into very small pieces: <ul style="list-style-type: none"> ○ broccoli ○ bok choy ○ cauliflower ○ sweet peppers ○ onions & garlic ▪ Remove thick skins: <ul style="list-style-type: none"> ○ potato* ○ yam* ○ squash* ○ pumpkin* ○ eggplant* ▪ Puree until smooth <ul style="list-style-type: none"> ○ vegetable soups ○ mushrooms ○ spinach 	<ul style="list-style-type: none"> ▪ Mushrooms (pieces) ▪ Popcorn + corn kernels ▪ Thick vegetable skins ▪ Salads and other raw vegetables (exception is ripe avocado) ▪ Firm vegetables with skin: <ul style="list-style-type: none"> ○ lima beans ○ grape tomatoes ○ peas (small amounts okay) ▪ Stringy vegetables: <ul style="list-style-type: none"> ○ artichoke ○ asparagus ○ bean sprouts ○ Brussels sprouts ○ cabbage ○ celery (tiny cooked bits okay) ○ kale ○ nori/sushi rolls/ seaweed ○ okra ○ sauerkraut ○ spinach (unless pureed) ○ string beans <p>Note: Cooked beets are safe but turn ostomy output red which is alarming after surgery.</p> <p>See Troubleshooting section</p>



* **SOLUBLE FIBRE:** Particularly good sources of soluble fibre

First 6–8 Weeks *continued...*

Safe Fruits	Avoid These Risky Fruits
<p>Easily digested fruits include:</p> <ul style="list-style-type: none"> ▪ applesauce* ▪ ripe banana* ▪ soft ripe seedless melon* ▪ canned apricots* ▪ canned peaches* ▪ canned pears* ▪ canned mandarins* ▪ raspberries (handful only). <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>Preparation notes:</p> <ul style="list-style-type: none"> ▪ Peel thick – skinned fruits: <ul style="list-style-type: none"> ○ apples* ○ pears* ○ peaches* ○ plums* ▪ Citrus* – remove membranes ▪ Mango* – puree ▪ Strawberries* – slice ripe ▪ Dates – dice, moisten and cook 	<ul style="list-style-type: none"> ▪ Fruit skins ▪ Citrus membranes (the stringy bits separating the segments) ▪ Dried fruit (including raisins, dried mango, figs, dried berries). Finely chopped and stewed dried fruit are okay so dried fruit found in baking like date squares & muffins are okay. <p>Best avoided unless pureed:</p> <ul style="list-style-type: none"> ▪ blackberries ▪ grapes ▪ pineapple ▪ coconut pieces ▪ mango pieces ▪ blueberries ▪ cherries ▪ rhubarb <div style="text-align: right;">  </div>

* **SOLUBLE FIBRE:** Particularly good sources of soluble fibre

Sample menu #1 for new ileostomy

Breakfast

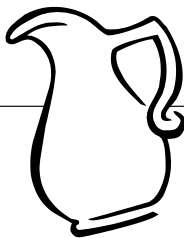
- **Oatmeal** (try stirring in smooth peanut butter & applesauce)
- **Orange juice** over ice to dilute (125 mL)
- **Decaf Coffee with milk** (250 mL)
- **Water** (125 mL)

Snack

- **Smoothie** made with mango, yogurt, ice & banana (250 mL)

Lunch

- **Carrot ginger soup** (250 mL)
- **½ Tuna salad sandwich**
- **Slices of ripe avocado**
- **Canned pears**
- **Decaf coffee** (250 mL)



Snack

- **Water** (500 mL)
- **Pretzels with salt**

Dinner

- **Chicken noodle soup** (250 mL)
- **Marinated flank steak**
- **Mashed potato**
- **Canned mandarins**
- **Herbal Tea** (250 mL)

Snack

- **Cottage cheese**
- **Canned peaches**
- **Herbal tea** (250 mL)

Total fluid = 2500 mL

Sample menu #2 for new ileostomy

Breakfast

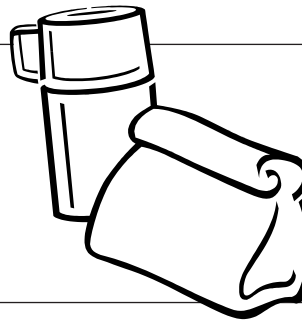
- **Pancake(s)** topped with banana slices, cinnamon and syrup
- **Scrambled egg**
- **Coffee with milk** (250 mL)
- **Milk** (250 mL)

Hydration break

- **Vegetable cocktail** (125 mL)

Lunch

- **Butternut squash soup**(250 mL)
- **BBQ chicken**
- **Rice pilaf**
- **Tea with milk** (250 mL)



Afternoon Snacks

- **½ slice chocolate chip banana bread**
- **Herbal tea** (375 mL)

Dinner

- **Cream of broccoli soup** (250 mL)
- **Pasta** topped with grated cheese - sauce can be plain tomato meat, pesto (without whole pine nuts), pureed vegetable or cream sauce
- **Melon** – thin slices of ripe honeydew
- **Herbal tea** (250 mL)

Evening Snack

- **Apricot nectar** (125 mL)
- **Bread – whole wheat**
- **Smooth peanut butter**
- **½ Banana**
- **Steamed milk**(125 mL)

Total fluid = 2250 mL

Troubleshooting – gas and diarrhea

Tips to deal with diarrhea (watery ileostomy output) and gas

- Eat regular meals. An empty stomach makes more gas.
 - Aim for 3 well spaced meals
 - Add a snack if it will be more than 4 to 6 hours between meals.
 - Skipping meals doesn't thicken or stop output
- See next page for a list of food triggers.
- Limit drink volume to 250 mL (1 cup) and drink every hour.
- Try having fluids ½ hour after meals rather than with your meal.
- Smoking can make both diarrhea and gas worse. Try cutting down or stopping. Call 811 for tips. They may have new ideas for you.
- Lactose – gas and diarrhea can be symptoms of lactose intolerance. Ask your dietitian or call 811 if you think this might be true for you. The highest lactose items are a glass milk and condensed milk.



If your output remains greater than 1500mL, call your dietitian and/or ostomy nurse.

They will ask questions, help you problem solve, and offer additional tips about other possible triggers that can increase output

Medications that can help gas and/or diarrhea

- **GasX®**, **OVOL®**, **Phazyme®** contains active ingredient simethicone which helps with gassy symptoms by breaking up big gas bubbles.
- **BEANO®** contains enzymes that prevent gas production by helping you digest legumes and gassy vegetables.
- **Lactaid®** contains lactase enzyme that prevent gas production by helping you digest lactose. Use when you drink a glass of milk.

Note: Tell your pharmacists and physicians that you have an ileostomy. Avoid enteric coated medications and time release tablets. They may not be completely absorbed and should not be crushed.

Food triggers for watery output, gas, odour and colour

Food that makes output watery	Food that helps thicken output
<ul style="list-style-type: none"> ○ caffeine ○ alcohol ○ licorice ○ prune juice ○ prunes ○ sugar free candies ○ lactose 	<ul style="list-style-type: none"> ○ cheese ○ yogurt ○ noodles ○ white rice ○ smooth peanut butter ○ tapioca pudding ○ marshmallows ○ soluble fibre – items with * on safe food list pages 6-8
Gassy food	Things you can do to lessen gas
<p>Fizzy drinks</p> <ul style="list-style-type: none"> ○ soda pop ○ beer ○ cider <p>Some vegetables:</p> <ul style="list-style-type: none"> ○ Legumes (Dried or canned beans, peas and lentils) ○ Cruciferous vegetables (bok choy, broccoli, Brussels sprouts, cabbage, cauliflower) 	<ul style="list-style-type: none"> ○ avoid drink straws ○ do not chew gum or suck on candy ○ avoid sipping on very hot beverages. <p>Try BEANO® with gassy vegetables</p> <p>Treatments for beans & lentils</p> <ul style="list-style-type: none"> ○ soak dried beans/legumes overnight or 24 hours and discard fluid ○ rinse canned beans
Food that makes odour worse	Food that helps manage odour
<ul style="list-style-type: none"> ○ coffee ○ fish ○ egg yolks ○ asparagus ○ garlic ○ onions 	<ul style="list-style-type: none"> ○ yogurt ○ tomato juice ○ buttermilk ○ kefir ○ finely chopped fresh parsley
Things that change the colour of ileostomy output	
<ul style="list-style-type: none"> ○ beets ○ B-vitamins ○ Iron supplements 	<ul style="list-style-type: none"> ○ food dyes found in: ○ sports drinks ○ popsicles, candy & Jell-O

Problems with food blockage

Signs and symptoms of partial food blockage include

- lower output of thin clear foul smelling liquid
- painful and/or irregular spurts of stoma output

If this is happening, stop eating solid food. Take only liquids until output has returned to normal. Try drinking a warm beverage and taking a walk. Try to massage gently around the stoma to pop out the blockage.



If you also have bloating, nausea and/or vomiting or your ileostomy output has stopped → seek Medical Assistance

Tips for prevention of food blockage - there are two main issues:

1) Particle size – Cut food up into smaller pieces and chew well. Cut long stringy food like celery and asparagus into shorter segments.

It is particularly important to cut up:

- **Beef jerky & dried mango** – These are dry, leathery and swell after eating. Best avoided or chopped up into small bits.
- **Mushrooms** – Fresh & dried mushrooms swell dramatically so either avoid or chop soaked mushrooms into small pieces.

2) Ease of digestion – high fibre and thick skinned foods take longer to digest and may travel intact further down toward your ileostomy.

Hard and poorly digested food examples:

- **Popcorn, corn kernals, whole nuts & large seeds:**
NOTE: nut and seed butters are safe and nutritious.
Try different versions – peanut butter, almond butter, cashew butter, tahini...
- **Hard portions of safe foods** – Be careful to avoid pits when eating olives and cherries. The core (hard centre) of pineapple which is often in fruit salads is best avoided.

Help – Phone numbers and websites

Nutrition counselling

This information is not meant to replace consultation with a Registered Dietitian. Discuss this pamphlet with your hospital and/or community dietitian and call them if you have questions about this ileostomy information. Contact information:

Dietitian: _____ RD
Telephone ____ - ____ - _____ Phone extension _____
Location or services: _____

Resources for ileostomy information and/or support

These resources are provided as sources of additional information believed to be reliable and accurate at the time of publication and should not be considered an endorsement of any information, service, product or company.

- UOA - The United Ostomy Association of Canada Inc.
<http://www.ostomycanada.ca/> & <http://uoacvancouver.weebly.com/>
- Canadian Society of Intestinal Research <http://badgut.org/>
- Canadian Cancer society www.cancer.ca has ostomy resources
- Companion magazine <http://companionibd.com/>
- Clothing ideas and support <http://stolencolon.com/swimsuits-ostomy/>
- Crohn's and Colitis Foundation of Canada www.cffc.ca
- Hydration and ostomy www.stomawise.co.uk/diet/dehydration
- Vegetarian with ileostomy <https://www.veganostomy.ca/>
- Social media try #ostomy #ileostomy #nocolonstillrollin #ostoMYstory

Personalized start date:

Beyond surgery

Progressing to a regular diet

Food tolerance is very individual. A normal diet is often possible especially if you chew well. Swelling and inflammation decrease over time as your body recovers from surgery. About 6 weeks after your surgery, you will be ready to slowly return to your usual diet. Try one new food at a time. Start with a soft version and cut it into smaller than usual pieces. Wait a day before trying another new food. This way you will know how you react before you try something else. If a certain food causes a problem for you, avoid it for now, and then try it again in a few weeks. In other words, your body may react differently later.

Resource for health information



HealthLink BC (www.healthlinkbc.ca) is available for health issues and questions. Call 8-1-1 to speak with a dietitian, nurse, and/or pharmacist. Services are available in 130 languages. For deaf and hearing-impaired assistance (TTY), call 7-1-1.

Notes

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