

## Ostomy Eating Plan

During the first 6-8 weeks following a new ostomy, your intestines and stoma may be swollen. It is recommended that you follow a low fiber diet during this period to allow your body to heal and to reduce the chance of a blockage. After 6-8 weeks, most people are able to transition from a low-fiber diet to a normal diet. The following guidelines can help you avoid a blockage and will help your body get more nutrients from food as you heal from surgery. The ostomy eating plan can also help you reduce symptoms such as constipation, diarrhea, odor, gas, and dehydration.

### General guidelines

- Follow a low-fiber diet for 6-8 weeks after surgery. Your dietitian can provide you with a list of low fiber foods.
- After 6-8 weeks, gradually increase your fiber intake to 25-35g of fiber per day.
- Add new foods one at a time to make sure you can tolerate them.
- Try new foods in small quantities. It is recommended that you try new foods in the comfort of your own home in case you have an adverse reaction.
- Eat 4-6 smaller meals per day and stick to a regular schedule. Skipping meals can result in watery stool and increased gas.
- Drink at least 8-10 glasses of fluids a day.
- Eat your largest meal at noon and a smaller meal in the evening. This will help reduce your stool output at night.
- Chew foods thoroughly.
- Add a beverage to each meal. This allows food to pass through the intestines easier.
- If meals are passing through your intestine too quickly, do not consume any fluids for 30 minutes before and after a meal.
- The foods you eat will affect the amount of gas and odor your produce. They'll also affect whether you have constipation or diarrhea. Follow the Ostomy Symptom Management guidelines listed on the next page to help manage your symptoms.

## Ostomy Symptom Management

PROBLEM	RECOMMENDED	AVOID
<b>Gas</b>	<ul style="list-style-type: none"> <li>• Eat slowly</li> <li>• Chew with your mouth closed</li> </ul>	<ul style="list-style-type: none"> <li>• Skipping meals</li> <li>• Drinking through straws</li> <li>• Eating these gas producing foods: Apples, asparagus, beans, beer, broccoli, Brussel sprouts, cabbage, cauliflower, carbonated drinks, corn, cucumbers, dairy products, dried peas, eggs, fatty foods, fish, grapes, green pepper, melons, onions, peanuts, prunes, radishes, spicy foods, turnips</li> </ul>
<b>Odor</b>	<ul style="list-style-type: none"> <li>• Include these odor-reducing foods in your diet: buttermilk, cranberry juice, orange juice, yogurt with active cultures, parsley</li> <li>• Empty your pouch often</li> <li>• Put special deodorant tablets or liquids in the pouch</li> <li>• Ask your doctor about odor-reducing medicines</li> </ul>	<ul style="list-style-type: none"> <li>• Eating these odor producing foods: Alcohol, apples, asparagus, bananas, beer, broccoli, Brussel sprouts, cabbage, carbonated beverages, cauliflower, cheese, corn, cucumbers, dairy products, dried beans and peas, eggs, fatty foods, fish, grapes, green pepper, melons, onions, garlic, peanuts, prunes, radishes, turnips</li> </ul>
<b>Blockage &amp; Constipation</b>	<ul style="list-style-type: none"> <li>• Chew foods well to break down fiber into smaller pieces</li> <li>• Drink at least 8-10 cups of fluids every day</li> <li>• Eat small servings</li> <li>• Have foods and drinks that loosen stool, such as: prunes, fresh fruits and vegetables (except bananas), chocolate, fruit juice, whole milk, fried foods, whole-grain breads and cereals, dried beans and spices</li> <li>• Drink plenty of fluids when increasing fiber intake</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid high fiber foods during the first 6-8 weeks</li> <li>• Some foods are more likely to cause a blockage. Avoid or limit: apple peels, celery, corn, grapes, whole nuts, and popcorn.</li> <li>• Avoid eating large quantities of the following high-fiber foods: Unpeeled apples, bean sprouts, raw cabbage, celery, Chinese vegetables, coconut, corn, cucumbers, dried fruit, grapes, green peppers, mushrooms, pickles, salad greens, tough meats</li> </ul>
<b>Diarrhea</b>	<ul style="list-style-type: none"> <li>• Drink at least 8-10 glasses of fluid each day. If you have an ileostomy, make sure your fluids have added electrolytes (see examples of oral rehydration solutions below)</li> <li>• Eat your largest meal at midday and a smaller meal in the evening</li> <li>• Eat foods that thicken stool such as: applesauce, marshmallows, smooth peanut butter, crackers, saltines, pretzels, sugar-free gelatin, tapioca, baked potato, rice, toast (white), yogurt, cheese, ripe bananas</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid foods that loosen stool such as: prunes, fresh fruits and vegetables (except bananas), chocolate, fruit juice, whole milk, fried foods, whole-grain breads and cereals, dried beans and spices</li> <li>• Avoid sugary beverages</li> <li>• Avoid excessive amounts of caffeine</li> <li>• Avoid products with sugar alcohols (sorbitol, mannitol)</li> </ul>

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

## Dehydration and Ileostomies

While all patients with ostomies are at risk for dehydration, those with ileostomies are at even greater risk. An ileostomy removes part or all of the large intestine, which is the organ that helps with fluid and electrolyte reabsorption. When the large intestine is missing, larger amounts of fluid are lost with the stool from your ileostomy. You will need to increase your fluid intake to make up for fluid loss and to avoid becoming dehydrated.

**Be aware of the symptoms of dehydration.** Symptoms to watch for are: extreme thirst, dry mouth, dry skin, shortness of breath, decreased urine output or urine that is dark in color, nausea and/or abdominal cramping, extreme fatigue, light headedness and achiness.

**Dehydration is a medical emergency. If nothing is staying down or going in, and large volumes are coming out you need IMMEDIATE medical care.** The normal daily ileostomy output is about 500-1300 ml of toothpaste consistency stool a day. Your output may be higher right after surgery or during illness.

### To avoid dehydration:

- Drink at least 8 cups of fluid per day.
- Drinks that are sweet/sugary should be used sparingly. Sugary drinks can cause diarrhea or loose stools.
- Drink caffeinated beverages in moderation. Excessive caffeine can cause increased fluid loss.
- Drink extra fluid if you are experiencing diarrhea.
- Drink extra fluid if you are exercising or if you are in warm weather.
- During periods of higher output or heavy sweating, you may need to measure exactly how much you are drinking versus your output to ensure adequate fluid balance.
  - 1 ounce = 30 milliliters
  - 1 cup = 8 ounces = 240 milliliters
  - 8 cups = 64 ounces = 2 liters
- Consider an electrolyte beverage if you experience frequent dehydration, cramping or high ostomy output. See examples of rehydration solutions below.
- Your dietitian or physician may recommend that you increase your intake of foods that are higher in sodium and potassium. Your dietitian can provide you with a list of high potassium foods.

## Oral Rehydration Solutions

- If you have high ostomy output or are experiencing frequent cramping or dehydration, you might need to use an oral rehydration solution to replace fluid loss. You can purchase a product called Oral Rehydration Salts or you can make your own beverage.
- Some sports drinks that are high in sugar can increase ostomy output. Consider Pedialyte or a low-sugar electrolyte drink such as: Powerade Zero, Propel Zero Sport, or Gatorade G2 instead of regular sugar versions of Gatorade or Powerade.
- The following recipes are recommended for ostomy patients:
  - 2 cups Gatorade + 2 cups water + ½ teaspoon salt
  - 3 cups water + 1 cup orange juice + ¾ teaspoon salt + ½ teaspoon baking soda
  - ½ cup grape juice or cranberry juice + 3 ½ cups water + ½ teaspoon salt
  - 1 cup apple juice + 3 cups water + ½ teaspoon salt
  - 4 ¼ cups water + ½ teaspoon salt + 6 level teaspoons sugar

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## Sample Meal Plan

<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 scrambled eggs</li> <li>• ¼ cup low-fat cheddar cheese</li> <li>• 1 English muffin or 1 piece of white toast</li> <li>• 1 teaspoon of margarine or butter</li> <li>• ½ cup of unsweetened applesauce</li> <li>• <i>Drink liquids 30 minutes after breakfast</i></li> </ul>
<b>Morning Snack</b>	<ul style="list-style-type: none"> <li>• 4 crackers or 1 slice of white bread with 2 tablespoons creamy peanut butter</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 3 ounces of lean protein (chicken, turkey, lean roast beef)</li> <li>• ½ cup of mashed potatoes</li> <li>• ½ cup of cooked green beans</li> <li>• 1 cup of peaches, canned in light syrup</li> <li>• <i>Drink liquids 30 minutes after lunch</i></li> </ul>
<b>Afternoon Snack</b>	<ul style="list-style-type: none"> <li>• 8 ounces of Greek yogurt (lower in lactose)</li> <li>• 1 ripe banana</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>• 2 slices of white bread</li> <li>• 1 ounce Swiss cheese</li> <li>• 3 ounces of turkey</li> <li>• 2 ounces of pretzels</li> <li>• <i>Drink liquids 30 minutes after dinner</i></li> </ul>
<b>Evening Snack</b>	<ul style="list-style-type: none"> <li>• 2 small chocolate chip cookies</li> </ul>

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