

Ostomy Diet & Nutrition Guide

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Introduction

This pamphlet provides information on diet and nutrition for post ostomy (e.g. colostomy, ileostomy) patients. After the wounds have healed completely and the ostomy is functioning normally, most patients can return to a normal diet.

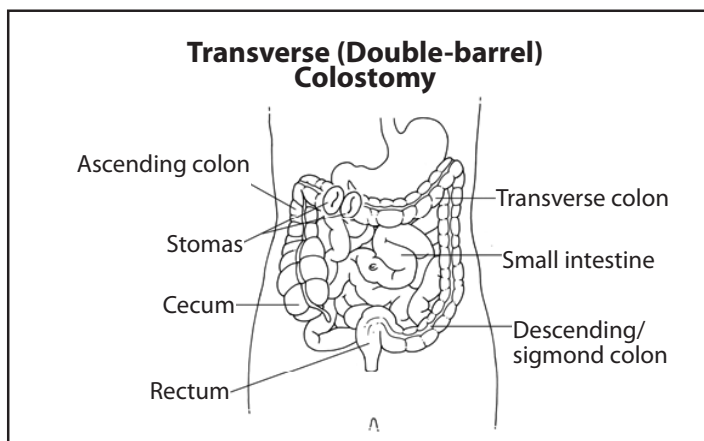
The ostomy diet is necessary to keep stools normal following surgery, since the amount, frequency and consistency of stool is influenced by the diet.

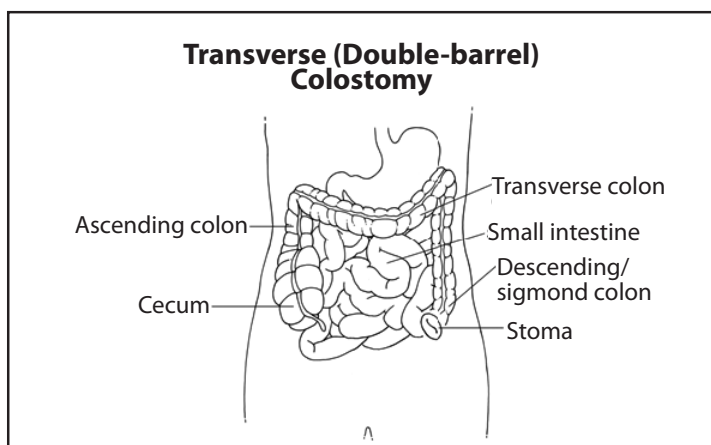
Goals of dietary management.

- a) Prevent stoma blockages after surgery
- b) Promote healing of stoma wound
- c) Minimise unpleasant gastrointestinal upset such as flatulence, diarrhoea, constipation and odours

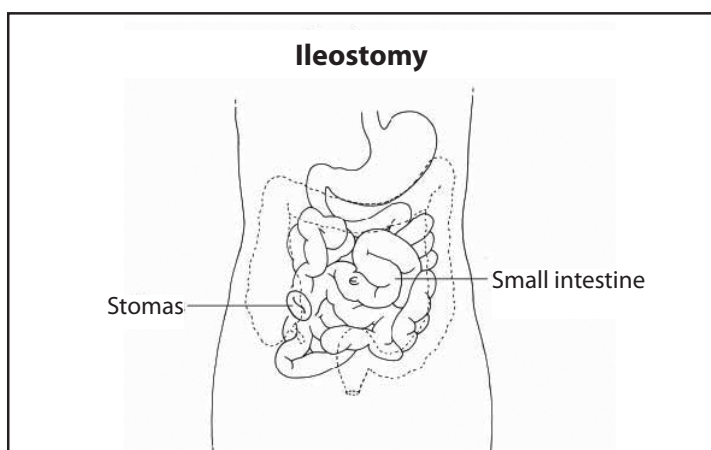
Common Ostomies

- a) Colostomy - A portion of the large intestine is totally removed or the lower rectum is kept unused for a period of time to promote healing before joining back. The remaining portion of the normal functioning large intestine (colon) is brought to the abdominal wall and a stoma is created for defecation.





- b) Ileostomy - The entire large intestine, rectum and anus are not used temporarily. This is to rest the whole system to allow healing to take place before joining them back together again. The small intestine (ileum) is brought to the abdominal wall to form a Stoma for defecation.



General Healthy Eating Guidelines

- a) Eat a balanced diet to obtain necessary vitamins, minerals and calories needed for good health. Usually after the surgery, you start out with a low fibre/residue diet. The reason is that the surgery causes the bowel to swell. The swelling will reduce in 6 to 8 weeks. Thereafter you can resume your regular diet.
- b) Add one new food at a time to observe their effects. Keeping a food journal may be helpful.
- c) During the first year of recovery from surgery, you may need to take a multivitamin supplement. Consult your doctor or dietitian for further advice.
- d) Eat a wide variety of food.
- e) Eat at regular intervals. Skipping meals increase the incidence of watery stools and gas. Small frequent meals may be helpful.
- f) Chew your food thoroughly. Cutting up your food into bite size pieces may also improve tolerance
- g) Lactose intolerance is common. You may want to avoid dairy products for the first month if you notice gas, bloating and diarrhoea after ingestion of dairy products. You may want to try soymilk or low lactose cow's milk.

Fluid and Electrolytes

After a colostomy, you are encouraged to increase your fluid intake. This is because removal of all or part of the colon (large intestine) reduces absorption of water and electrolytes (sodium and potassium mainly).

You are recommended to drink at least 2L (6-8 glasses) of fluid each day. Drink in between meals instead of during meals.

Signs of dehydration that you should monitor include

- a) Lower urine output
- b) Dark yellow urine
- c) Thirst
- d) Dry mouth and skin

Food and Tolerance

- 1) Some foods may not be as well tolerated and may cause flatulence (gas), odours, diarrhoea and/or constipation. Below is a food chart of common food which may cause intolerance.

Food Chart - Troubleshooting

Gas Producing	Odour Producing	Increased Stools / Diarrhoea	Stoma Obstruction
Alcohol	Asparagus	Alcohol	Cabbage, raw
Beans	Baked Beans	Baked Beans	Celery
Soy	Broccoli	Bran Cereals	Chinese vegetables
Cabbage	Cabbage	Cooked Cabbage	Corn
Carbonated drinks	Cod Liver Oil	Fresh Fruits	Coconut
Cauliflower	Eggs	Greens, Leafy	Dried Fruit
Cucumber	Fish	Milk	Fruits with skin & seeds
Dairy Products	Garlic	Prunes	Mushrooms
Chewing Gum	Onions	Prune Juice	Nuts & Seeds
Nuts	Peanut Butter (smooth)	Raisins	Oranges
Onions		Raw Vegetables	Pineapple
Radishes			Popcorn

** Avoid the above ONLY if the listed food cause any discomfort*



2) Food can also be used to help alleviate intolerance. Below is a chart that lists food which may help.

Food Chart - Troubleshooting

Odour Control	Diarrhoea Control	Constipation Relief
Buttermilk	Banana	Coffee, warm/hot
Cranberry Juice	Bread	Cooked Vegetables
Orange Juice	Plain Rice	Fruits
Parsley	Cheese	Fruit Juice
Tomato Juice	Peanut Butter	Water
	Pasta	Probiotic Drink
	Pumpkin	
	Potato	
	Probiotic Drink	
	Fybogel	
	Tapioca	

Summary

Eat a wide variety of food and include food from all food groups to ensure a healthy balanced diet. Each food group provides a combination of key nutrients (minerals, vitamins etc) for optimum body function.

For appointments and enquiries,
please call the CGH Appointment Centre at
Tel: (65) 6850 3333

CGH Appointment Centre operating hours:

8.30 am to 8.00 pm (Monday to Friday)
8.30 am to 12.30 pm (Saturday & Sunday)
Closed on Public Holidays

For more information, please visit
<http://www.cgh.com.sg>



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All information is valid at the time of printing (December 2008)
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