

and can include water, cordial, milk, nutritional drinks, soups, half strength fruit juice, tea, sports drinks (caution if you are a diabetic due to sugar content)

* Alcohol and drinks containing large amounts of caffeine (e.g. strong coffee and tea) should not be counted in your daily intake, as they can often increase fluid losses. Their intake should be kept to a minimum
* Increase your fluid intake on hot days when you are perspiring more than usual or when you are doing heavy exercise
* Do not drink a lot of fluid prior to a meal
* Replace lost salts / electrolytes by drinking sports drinks
* A banana a day can assist in keeping your potassium levels normal (consult a doctor if you have concerns regarding this)
* If you have a continuous watery output, contact your doctor or STN – dehydration can occur readily

For further information or help with any stoma questions contact

your STN or visit [**www.stomaltherapy.**](http://www.stomaltherapy.)**au** and click on **“Find a STN”**

**Disclaimer** *The information in this brochure:*

* *has been developed as a general guide only*
* *relates to adults only*

*Any concerns need to be discussed with your STN or doctor*

**References**

* + - 1. Burch J. (Ed.) (2008). *Stoma care.* Chichester, West Sussex: Wiley-Blackwell
      2. Colwell J. (2004). *Faecal and Urinary Diversions.* Missouri: Mosby Inc.

**Prepared by the** Australian Association of Stomal Therapy Nurses Inc. Education and Professional Development Committee [www.stomaltherapy.](http://www.stomaltherapy.)au

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***Level 1V Evidence (Expert Opinion)***

**Eating and drinking for the person with**

**an ileostomy**

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ABN 16 072 891 322

Stoma / Wound / Continence

**GENERAL INFORMATION**

* This dietary information has been compiled as a *“***G*uide only”***
* Each person is an individual and will react to each food type in their own way
* It is important that you have a well balanced diet
* You will find after your operation that the ileostomy starts to work with a fluid output: this will later become a thick paste
* If your output remains of a fluid consistency see your Doctor or Stomal Therapy Nurse (STN), as you may require medication to thicken the output
* Some foods will change the colour of your stool, for example: beetroot may turn your output red
* **It is important to chew all food well**

**Reducing gas / wind production**

* Eat your food slowly and avoid gulping or eating too much food at one time
* Eat regular meals, as skipping meals is more likely to increase gas production
* It may also be a result of swallowing air. Chewing gum, chewing with your mouth open, drinking with a straw, smoking and snoring can increase the amount of air you swallow

**Foods that may cause gas / wind**

Cucumber Peas Beans Eggs

Orange juice Onions Mushrooms Cabbage

Brussel sprouts Broccoli Cauliflower Yeast

Baked beans Garlic Chewing gum

Fizzy drinks / carbonated beverages including beer

Low calorie sweets and lollies (with sorbitol)

Lactose (if intolerant)

**Foods that may PRODUCE odour**

Cheese Beans Onions Lentils

Cabbage Fish Asparagus Eggs

Garlic Some vitamins and medications

**Foods that may REDUCE odour**

Fresh parsley Stewed or grated apple (no skin)

Yakult Buttermilk Cranberry juice

**Foods to help thicken your stomal output**

Pasta Pumpkin Dumplings Custard Pancakes Pretzels Tapioca/ Sago Rice

Bananas Toast Mashed potato Marshmallows

Apple sauce Uncooked corn flour

Smooth peanut butter Jelly babies /beans

White bread (not fresh) Fresh grated apple (no skin)

**Foods that can CAUSE a blockage**

Highly fibrous foods, especially in a large quantity, will not pass easily through your stoma. These can cause a **blockage** in the small bowel. It is advisable either not to eat these foods or only eat in small quantities.

**It is important to chew these foods well**

Mango Mushrooms Peas Pineapple Figs

Rhubarb Celery Coconut Popcorn

Nuts Corn Coleslaw Dried fruits

Some sausage casings Breads / rolls with seeds

**What to do if a blockage occurs**

* Stop solids but continue to drink fluids
* Have a warm bath and you may take a mild analgesic (pain killer)
* Rest with a hot water bottle on your abdomen – ensure the bottle is wrapped in a towel / cloth to avoid burning
* Massage your abdomen in a clockwise motion
* If pain continues, see your local doctor or emergency department
* **Never** take opening medicine (laxatives)

**Medications**

Some medications or nutritional supplements may alter the colour, odour or consistency of your stool. If you have any questions about medications you are taking and the effect it may have on your ileostomy (especially when commencing a new medication), ask your doctor, pharmacist or STN.

**Fluid intake**

* Drink regularly throughout the day
* Aim to drink 8 glasses (2000 mL) of fluid per day. Fluid intake should be varied