

Dietary Guidelines for Patients with Ostomy



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قسم التغذية العلاجية
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Dietary Guidelines for Patients with Ostomy

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These guidelines provide basic information about diet and nutrition for patient with ostomy (e.g. colostomy, ileostomy) The ostomy diet is necessary to keep stool normal after surgery, since the amount, frequency and consistency of stool is influenced by the diet. After the wounds have healed completely and the ostomy is functioning normally, most patients can return to normal diet.

Dietary Management Goals:

- Prevent stoma blockages after surgery.
- Promote healing of stoma wound.
- Minimize unpleasant gastrointestinal upset such as flatulence, diarrhea, constipation and odors.

Dietary Management Guidelines:

1. Eat a balanced diet to obtain necessary nutrients such as vitamins, minerals and calories needed for good health.
2. Eat a wide variety of food.
3. Keep a regular schedule for meals and snacks.
 - Have small, frequent meals and snacks instead of large meals.
 - Have your largest meal in the middle of the day. This may help decrease stool output at night.
 - Skipping meals increase the incidence of watery stools and gas.
4. Try solid foods one at a time. Stop eating them if they cause any symptoms. You can try them again within 2-3 weeks
5. Chew your food thoroughly. Cutting up your food into small bite size pieces may also improve tolerance.
6. Get enough fluids. Aim for at least 8 to 10 cups of fluid per day.
7. Lactose intolerance is common. You may need to avoid dairy products for the first month if you notice gas, bloating or diarrhea after ingestion of dairy products. You may need to try soy milk or low lactose cow's milk.
8. Use dietary supplement as needed and upon prescription.
9. Ask your dietitian or doctor if you need to increase foods that are higher in sodium and potassium



	You can eat	You should avoid
Fruits	<p>Fruits that can be eaten raw or cooked (no skin)</p> <p>Fruit juices (except prune juice), apple sauce, ripe apricots, ripe melon, peaches or nectarines, papaya, plums, avocado, bananas</p>	<p>Pineapple, figs, berries of any kind, coconut, dried fruits</p>
Fats and oils	<p>Oil, margarine, butter and mayonnaise, smooth peanut butter, upto two tablespoons a day</p> <p>Fats, oils and dressings without seeds</p>	<p>Fatty foods, chunky peanut butter, coconut, seeds and nuts</p>
Dessert	<p>Desserts with no seeds or nuts, smooth jam, honey, marmite</p>	<p>Pickles, horseradish</p>
Miscellaneous	<p>Soups and sauces (strained), stock</p>	<p>Marmalade with shreds, soups that include vegetables that are not allowed</p>

In addition, if you need to use a low residue diet, you should try to:

Limit dairy products such as milk, yoghurt, ice-cream, and cream based soup and sauces, to no more than two times per day AND avoid raw fruits of any kind

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Usually after the surgery, you start with a low fiber diet for 6–8 weeks in order to:

- Reduce the swelling caused by surgery in the bowel.
- Reduce the amount of undigested material that passes through your bowel
- Reduce the size of your stools.

After that you can resume your regular diet.

Low Fiber Diet Guideline:

	You can eat	You should avoid
Grains	White bread, rice and pasta, refined cereals, rice crispies, rice pudding, semolina, tapioca	Whole grain bread and pasta, brown or wild rice, wholegrain (cereals, porridge, muesli, weetabix), branflakes and popcorn
Milk and milk products	Plain (milk, yogurt, ice cream, cheese)	Yogurt, pudding and ice cream (mixed with nuts or pieces of not allowed fruit)
Meat and Meat Substitutes	Tender: (lean meat, poultry, fish, eggs)	Tough or coarseL meats with gristle, dried beans or peas (pulses), baked beans
Vegetables	Vegetable juices These vegetables that can be eaten if well cooked (no skin or seeds): Carrots, tomatoes, potatoes, asparagus tips, pureed spinach, eggplant, green beans, marrow These vegetables that can be eaten raw: Lettuce, cucumber (no skin or seeds)	Broccoli, cauliflower, cabbage, peas and squash Pulses and legumes, sweetcorn



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How to Choose your Food

These are helpful tips in case you have any problems related to food.

Foods that may cause gas	Some vegetables (for example: broccoli, cabbage, cauliflower) beans & pulses, onions & garlic, carbonated drinks (for example: cola, lemonade, sparkling water), beer.
Foods that may help to reduce gas	Marshmallows, Jelly, Peppermint tablets/ water, Probiotic yoghurt drinks
Foods that may loosen stools	Raw vegetables Spicy foods, green leafy vegetables, beer, fresh fruits especially prunes, fried and fatty foods, fruit juice, prune juice, seeds, milk containing lactose
Foods that may help in case of constipation	fresh fruit and vegetables, cereals (for example: all bran, weetabix, porridge or muesli), high fiber foods (for example: digestive biscuits, fig rolls, oatcakes, dried fruit or whole grain crisp breads). Increasing your fluid intake and doing a little bit of exercise can also help.
Foods that may cause odor	Fish, onions and garlic, eggs, some spices, baked beans, cauliflower, some vegetables (for example: brussel sprouts, asparagus, cabbage), dried peas and beans, radish.
Foods that may help control odor	Tomato juice, Yoghurt, Orange juice, Parsley
Poorly digested food (and most likely to cause blockage)	Nuts, raw fruit skins, sweet corn, coconut (including cakes and biscuits containing coconut), fibrous fruit and vegetables, for example celery or pineapple, thick cut marmalade.
Eat foods that may thicken stool, in case of diarrhea	Banana or apple sauce, pasta, potatoes, tapioca, or rice smooth peanut butter, cheese

Remember that everybody is different and you may be unaffected by many of these foods. Try foods in small amounts at first and then gradually build up your portion sizes until you are eating normally.



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Sample 1-Day Menu for Colostomy

Meals	Food items
Breakfast	Omelette made with 2 egg whites and 2 tablespoons of cheese with a slice of white bread 1 cup orange juice
Snack	2 pieces plain biscuit 1 cup tea
Lunch	1 cup cooked rice 60 gm chicken breast grilled 1 cup fresh fruit salad 1 cup yogurt 1 cup water
Snack	1 cup milk 1 small banana 1 cup water
Evening Meal	Sandwich made with 2 ounces tuna, 1 ounce swiss cheese, and 2 slices tomato, 2 slices white bread 2 pieces cream crackers biscuit 1 cups lemonade
Snack	2 whole crackers 1 tablespoon smooth peanut butter 1 cup milk 1 cup water

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Sample 1-Day Menu for Ileostomy

Meals	Food items
Breakfast	2 egg white omelette with low fat cheese and one slice white bread 150ml orange juice
30min after Breakfast	2 pieces plain biscuit 1 cup tea
Lunch	1 cup cooked rice 60 gm chicken breast grilled 1 cup fruit salad
30 minutes after Lunch	1 cup skimmed milk
Snack	1 cup yogurt without fruits or nuts 1 ripe banana
30 minutes after snack	1 cup tomato juice.
Evening Meal	Chicken breast sandwich: 2 ounces chicken breast,1 ounce low fat cheese, 2 slices tomato, 2 slices white bread 2 ounces cream crackers biscuit
30 minutes after evening meal	1 cup lemonade
Snack	2 whole crackers with 1 tablespoon fat-free cream cheese
30 minutes after snack	1 cup skimmed milk

Note: It may help to avoid drinking with meals or snacks and waiting 30 minutes before or after the meal
You can change food items according to the problem as mentioned above in table 2.



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