

# Dietary Guideline for Patients with Ostomy



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This guideline provides 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 once 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 soymilk 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

## 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.

Attached is a food list for a low fiber diet.



## Low Fiber Diet Guideline:

	You can eat	You should avoid
<b>Grains</b>	White(bread and pasta), Refined cereals, Rice crispies, White rice, Rice pudding, Semolina, Tapioca	Whole grain (bread and pasta), Brown or wild rice, Whole grain (cereals, porridge, muesli, weetabix, branflakes, popcorn)
<b>Milk and milk products</b>	Plain (Milk, yogurt, ice cream, cheese)	Yogurt, pudding and ice cream (mixed with nuts or pieces of not allowed fruit)
<b>Meat and Meat Substitutes</b>	Tender :(Lean meat, Poultry, Fish, Eggs)	Tough or coarse@ meats with gristle, dried beans or peas (pulses),baked beans
<b>Vegetables</b>	Vegetable juices <a href="#">These vegetables that can be eaten if well cooked (no skin or seeds)</a> : Carrots,Tomatoes, Potatoes, Asparagus tips, Pureed spinach, Eggplant, Green beans, Marrow <a href="#">These vegetables that can be eaten raw</a> : Lettuce, Cucumber (no skin or seeds)	Broccoli, Cauliflower, Cabbage, Peas, Squashes Pulses and legumes, Sweet corn
<b>Fruits</b>	Fruits that can be eaten raw or cooked (no skin) Fruit juices (except prune juice), Apple sauce, Ripe apricots, Ripe melon, Peaches or nectarines, Papaya, Plums, Avocado, Bananas	Pineapple, Figs, Berries of any kind, Coconut ,Dried fruits and Pomegranate
<b>Fats and oils</b>	Oil, margarine, butter and Mayonnaise Smooth peanut butter – up to two tablespoons a day Fats, oils and dressings without seeds	Fatty foods Chunky peanut butter Coconut, seeds and nuts

	You can eat	You should avoid
<b>Dessert</b>	Desserts with no seeds or nuts, Smooth jam, honey, marmite	Marmalade with shreds
<b>Miscellaneous</b>	Soups and sauces (strained), stock	Soups with pieces of not allowed vegetable, pickles and horseradish

**In addition if you need to use low residue diet, you try to follow the low fiber diet as above, also limit dairy product such as milk, yoghurt, pudding ice-cream, and cream based soup and sauces, no more two times per day AND avoid raw fruits of any kind.**



## How to Choose your Food

These are helpful tips in case patient had any problems related to food.

Type of problem	Food Choices
<b>Foods that may cause gas</b>	<ul style="list-style-type: none"> <li>• Some vegetables (for example: broccoli, cabbage, cauliflower)</li> <li>• Beans &amp; pulses</li> <li>• Onions &amp; garlic</li> <li>• Carbonated drinks (for example: cola, lemonade, sparkling water)</li> <li>• Beer</li> </ul>
<b>Foods that may help to reduce gas</b>	<ul style="list-style-type: none"> <li>• Marshmallows</li> <li>• Jelly</li> <li>• Peppermint tablets/ water</li> <li>• Probiotic yoghurt drinks</li> </ul>
<b>Foods that may loosen stools</b>	<ul style="list-style-type: none"> <li>• Raw vegetables</li> <li>• Spicy foods</li> <li>• Green leafy vegetables</li> <li>• Beer</li> <li>• Fresh fruits especially prunes</li> <li>• Fried and fatty foods</li> <li>• Fruit Juice,prune juice</li> <li>• Seeds</li> <li>• Milk containing lactose</li> </ul>
<b>Foods that may help in case constipation</b>	<p>Fresh fruit &amp; vegetables</p> <p>Cereals (for example: All Bran, Weetabix, porridge or muesli)</p> <p>High fiber foods (for example: Digestive biscuits, fig rolls, oatcakes.</p> <p>Dried fruit or whole grain crisp breads)</p> <p><b>**Increasing your fluid intake &amp; doing a little bit of exercise can also help.</b></p>



Type of problem	Food Choices
<b>Foods that may cause odor</b>	<ul style="list-style-type: none"> <li>• Fish</li> <li>• Onions &amp; garlic</li> <li>• Eggs</li> <li>• Some spices</li> <li>• Baked beans</li> <li>• Cauliflower</li> <li>• Some vegetables (for example: brussel sprouts, asparagus, cabbage)</li> <li>• Dried peas and beans</li> <li>• Radish</li> </ul>
<b>Foods that may help control odor</b>	<ul style="list-style-type: none"> <li>• Tomato juice</li> <li>• Yoghurt</li> <li>• Orange juice</li> <li>• Parsley</li> </ul>
<b>Poorly digested food (&amp; most likely to cause blockage)</b>	<ul style="list-style-type: none"> <li>• Nuts</li> <li>• Raw fruit skins</li> <li>• Sweet corn</li> <li>• Coconut (including cakes &amp; biscuits containing coconut)</li> <li>• Fibrous fruit &amp; vegetables, for example celery or pineapple</li> <li>• Thick cut fruit</li> </ul>
<b>Eat foods that may thicken stool, in case of diarrhea</b>	<ul style="list-style-type: none"> <li>• Banana or apple sauce</li> <li>• Pasta, potatoes, tapioca, or rice</li> <li>• Smooth peanut butter</li> <li>• Cheese</li> </ul>
<p><b>Remember that everybody is different and you may be unaffected by many of these foods. Try foods in small amounts at first &amp; then gradually build up your portion sizes until you are eating normally.</b></p>	

## One Day Sample Menu for colostomy

Meals	Food items
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• Omelet made with 2 egg whites and 2 Tablespoons low fat cheese with 2 slice white bread</li> <li>• 1 cup orange juice</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2 pieces plain biscuit</li> <li>• 1 cup tea</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 1 cup cooked rice</li> <li>• 60 gm Chicken breast grilled</li> <li>• 1 cup fresh fruit salad</li> <li>• 1 cup yogurt</li> <li>• 1 cup water</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 small banana</li> <li>• 1 cup water</li> </ul>
<b>Evening Meal</b>	<ul style="list-style-type: none"> <li>• Sandwich made with 2 ounces tuna, 1 ounce swiss cheese, and 2 slices tomato, 2 slices white bread</li> <li>• 2 pieces cream crackers biscuit</li> <li>• 1 cups lemonade</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2 whole crackers</li> <li>• 1 Tablespoon smooth peanut butter</li> <li>• 1 cup milk</li> <li>• 1 cup water</li> </ul>





## One Day Sample Menu for ileostomy

Meals	Food items
<b>Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 Egg white omelet with 2 tablespoons low fat cheese with 2 slice white bread</li> <li>• 150ml orange juice</li> </ul>
<b>30min after Breakfast</b>	<ul style="list-style-type: none"> <li>• 2 pieces plain biscuit</li> <li>• 1 cup tea</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>• 1 cup cooked rice</li> <li>• 60 gm Chicken breast grilled</li> <li>• 1 cup fruit salad</li> </ul>
<b>30 minutes after Lunch</b>	<ul style="list-style-type: none"> <li>• 1 cup skim milk</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 1 cup yogurt without fruits or nuts</li> <li>• 1 ripe banana</li> </ul>
<b>30 minutes after snack</b>	<ul style="list-style-type: none"> <li>• 1 cup tomato juice</li> </ul>
<b>Evening Meal</b>	<ul style="list-style-type: none"> <li>• Sandwich made with 60 grams tuna and 30 grams low fat creamy cheese and 2 slices tomato with 2 slices white bread.</li> <li>• 2 pieces cream crackers biscuit</li> </ul>
<b>30 minutes after Evening Meal</b>	<ul style="list-style-type: none"> <li>• 1 cup lemonade</li> </ul>
<b>Snack</b>	<ul style="list-style-type: none"> <li>• 2 whole crackers with 1 tablespoon fat-free cream cheese</li> </ul>
<b>30 minutes after Snack</b>	<ul style="list-style-type: none"> <li>• 1 cup skim milk</li> </ul>

### Note:

It may help to avoid drinking with meals or snacks, waiting 30 minutes before or after the meal.

You can change your food items according to the problem as mention above in (table 2).





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