



## NUTRITION GUIDELINES

# FOLLOWING AN ILEOSTOMY

After your ileostomy you may experience such symptoms as gas and odor, and loose stools. It is also important to be careful about eating foods that may cause blockages. Through modifying your diet and other practices, you may minimize these side effects.

*First become familiar with foods that may cause blockages.* Chewing your food very well will help.



### HIGH FIBER FOODS THAT MAY CAUSE BLOCKAGES:

- Celery
- Coconut
- Coleslaw
- Corn
- Dried fruits, such as raisins
- Nuts
- Pineapple
- Popcorn
- Skins (apple, potato)
- Seeds

**Gas** may result from swallowed air or from foods you eat. Pace yourself so you don't eat fast and do not drink through a straw. Chewing tobacco or gum and smoking may also contribute to causing gas.

### FOODS THAT MAY CAUSE GAS:

- Beer
- Broccoli
- Brussels Sprouts
- Cabbage
- Carbonated Beverages
- Cauliflower
- Cucumbers
- Dairy products, if you are lactose intolerant
- Dried beans, peas and lentils
- Onion

### FOODS THAT MAY CAUSE YOUR STOOLS TO HAVE A STRONGER ODOR:

- Asparagus
- Beer
- Brussels Sprouts
- Cabbage
- Dried beans, peas and lentils
- Eggs
- Fish
- Garlic
- Green pepper
- Onion

### FOODS THAT MAY HELP DECREASE ODOR:

- Buttermilk
- Cranberry juice
- Yogurt
- Parsley

**Tips on Re-Introducing Foods:** Foods that caused gas before your surgery will likely do the same after your surgery. When re-introducing a food into your diet, try only one new food at a time. Wait a day or so before trying the next food so you can see how your body reacts to the food. If a food causes you discomfort, try it again in a few weeks to make sure it was the food causing the discomfort.

You may be more comfortable trying new foods at home, rather than in a social situation.

**Liquid, loose stools:** These are common after your surgery. It is important to drink plenty of fluids - at least 8 to 10 glasses a day - unless otherwise instructed by your doctor. To avoid "gurgling" sounds, eat solid foods first on an empty stomach before drinking liquids.

During hot weather and when exercising, you may need to drink even more liquid. It is important to ensure you drink enough liquids to prevent dehydration. If you have symptoms of dehydration (thirsty, weak, dry mouth, excessive sweating, rapid heartbeat), call your doctor.

Try the following foods if you have frequent watery stools, or your pouch fills up faster.

## FOODS THAT MAY HELP THICKEN STOOLS:

- Applesauce
- Banana, strained or flakes
- Boiled Rice
- Cheese
- Creamy Peanut Butter
- Pasta
- Tapioca

Some people may need more potassium and sodium. If directed by your doctor, the following beverages will help to increase potassium or sodium and count as fluids:

### POTASSIUM RICH BEVERAGES

- Apricot Nectar
- Grapefruit or Orange Juice
- Milk (if lactose intolerant, try Lactaid® or soy milk)
- Sports Drinks
- Vegetable Juice

### SODIUM RICH BEVERAGES

- Broth
- Sports Drinks
- Strained Canned Soups
- Vegetable Juice



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