



# NUTRITION GUIDELINES FOLLOWING AN COLOSTOMY

Selection of certain foods after you have had a colostomy can help you reduce the symptoms that are associated with this surgery. Follow these recommended nutrition guidelines to help you decrease the common symptoms, such as gas and odor, stool consistency and the prevention of obstruction.

## GAS AND ODOR:

Gas can result from swallowed air or from foods you eat. Avoid the practices and foods listed below that may result in swallowed air, gas formation or odor.

- Eating fast
- Smoking
- Chewing tobacco or gum
- Drinking through a straw
- Skipping meals. Eat at a regular time

## 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 ODOR:

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



**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.

**Adding foods, such as buttermilk, cranberry juice, yogurt and parsley,** to your diet may help prevent odor. It may be helpful to eat them at the same meal with those that cause odors, to balance the effect.

**Diarrhea and Loose Stools:** Certain foods may result in watery stools. At other times, you may have diarrhea from an illness or other cause. It is important to control the amount of fluid lost to prevent dehydration. If you have symptoms of dehydration (thirsty, weak, dry mouth, excessive sweating, rapid heartbeat), call your physician.

### FOODS THAT MAY CAUSE LOOSE STOOLS:

- Alcohol
- Grape Juice
- Prune Juice
- Spicy Foods

### FOODS THAT MAY THICKEN STOOLS:

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

**Constipation and Blocked Stoma:** It is important to drink adequate amounts of fluids at least 8-10 glasses a day unless otherwise instructed by your doctor. During hot weather and when exercising, you may need to drink more. This is important so that you don't become constipated, or worse, block your stoma. Do not try to control your output by restricting your fluids. Chew your food thoroughly to aid in digestion and movement of food through your body.



Mild constipation can be relieved by increasing fluids, especially fruit juice and eating more fruits and vegetables.

### FOODS THAT MAY BLOCK THE STOMA:

- Celery
- Coconut
- Coleslaw
- Corn
- Dried fruits, such as raisins
- Nuts
- Pineapple
- Popcorn

