

## Colostomy and Ileostomy Diet Guidelines

Nutrition is important for your health and healing. Limit fiber for the first 2 weeks after surgery. Avoid fresh fruits and vegetables. You can have canned fruit and well-cooked vegetables. Slowly add back all foods after talking with your doctor at your first clinic visit. People with ostomies can still enjoy a normal diet.

### Food Tips

**Eat meals regularly.** Eat three or more times a day. Small frequent meals may be better tolerated and produce less gas.

**Chew your food fully.** Chewing well will help avoid a blockage.

**Eat in moderation and slowly.** Too much of any food can cause problems. Eat normal amounts and eat slowly to allow for proper chewing and digestion. If a new food seems to give you problems, don't eat it for a few weeks. Try it again later.

**Drink plenty of fluids daily.** You may lose more body fluids through the ostomy, so you must stay hydrated. Patients who have lost a large part of their large intestine will notice more fluid loss. This is because most of the body's fluid is reabsorbed in the large intestine.

**Keep mind that no two people will react the same to foods.** You will learn through trying which foods, if any, you should avoid.

### Blockage

Certain foods, if eaten in large amounts may cause blockage. Use caution when eating these foods. Eat them in small amounts and be sure to chew them well.

Foods that cause blockage:

- Celery
- Coleslaw
- Corn
- Dried fruits
- Meat casings
- Mushrooms
- Nuts
- Peas
- Pineapple
- Popcorn
- Salad greens
- Seeds

### Reduce Gas and Odor

Gas is normal but if you feel you are having excess gas, try to change your diet to get rid of the problem. Try these tips:

- Eat often.
- Do not skip meals.
- Do not swallow air while eating.
- Relax and eat slowly.
- Avoid chewing gum or drinking through a straw.
- Drink 8-10 glasses of water, cranberry juice, or other non-caffeinated drinks.

Foods that cause gas or odor:

- Asparagus
- Apples
- Bananas
- Beer
- Broccoli
- Brussels sprouts
- Cabbage
- Carbonated drinks
- Cauliflower
- Corn
- Cucumber

- Dairy products
- Dried beans/peas
- Eggs
- Fatty foods
- Grapes
- Green pepper
- Melons
- Onions
- Prunes
- Radishes
- Turnips

Foods that help relieve gas and odor:

- Yogurt with active cultures
- Buttermilk
- Cranberry juice
- Parsley
- Spinach

### **Stools**

The thickness of your stools depends to a certain extent on where your stoma is placed in your gastrointestinal (GI) tract. When the stoma is higher up in the GI tract, the stools tend to be looser. In some cases, a loose stool may be the result of eating certain foods.

Foods that cause loose stools:

- Alcoholic drinks
- Apple juice
- Baked beans
- Chocolate
- Coffee
- Dairy
- Fried foods
- Grape juice
- Green leafy vegetables
- Licorice
- Prune juice
- Spiced foods/highly seasoned foods
- Tomatoes

Foods that help thicken stools:

- Applesauce
- Bananas (the greener the better)
- Breads
- Cheese
- Cream of rice
- Marshmallows
- Mashed potatoes
- Peanut butter (creamy)
- Rice
- Soda crackers
- Tapioca
- Weak tea
- Fiber supplements

### **If You Have an Ileostomy**

Those with an ileostomy lose large amounts of salt, potassium, and water in the ostomy fluid. Losing too much can lead to dehydration.

Drink water or sugar free, non-carbonated drinks all day. Sports drinks can be used because of their electrolyte content. The color of your urine should be clear to pale yellow, if it is darker increase your fluid intake.

Include a number of good sources of sodium and potassium in your daily diet.

Good sources of potassium:

- Ripe bananas
- Orange juice
- Tomato juice
- Mashed potatoes

**Who to Call**

Nutrition Clinics for UWHC and AFCH  
**(608) 890-5500**

Nutrition clinics for UWMF  
**(608) 287-2770**

Visit our website at:  
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