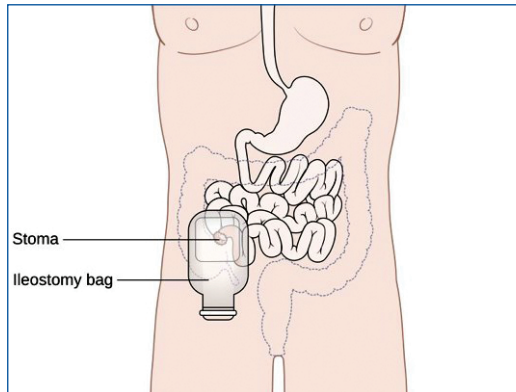


# Information about what to eat with an ileostomy



## Who is this leaflet for?

This leaflet contains information on diet and lifestyle for patients who have an ileostomy (stoma). Stomas are surgically created openings made on the abdomen to divert bowel waste and are used as a treatment for a number of medical conditions including cancer, diverticulitis and inflammatory bowel disease. Approximately 1 in 500 people have a stoma in the UK<sup>1</sup>.



Foods and fluids can have an impact on stoma output volume and consistency as well as symptoms. This diet sheet discusses strategies to resolve these issues as well as how to eat in the initial weeks following your surgery. It is also important to ensure you remain well nourished and hydrated without the function of your large bowel due to ileostomy formation.

If you have any further questions relating to your diet and ileostomy please speak with a dietitian or a stoma nurse.

<sup>1</sup>Source StoMap Programme Baseline Report 2019

## General advice for eating with a new ileostomy

- Eat little and often (smaller meals with snacks between meals) if you can no longer tolerate a normal meal pattern.
- Chew your food well.
- Caffeine can increase the speed at which foods and fluids move through the bowel. Consider choosing decaffeinated drinks.
- Fizzy drinks and artificially sweetened drinks may cause wind/bloating/diarrhoea.
- Sip rather than gulp fluids as this can aid fluid absorption.
- Add salt to your meals.
- A healthy ileostomy output is between 700 – 1000 ml/day. If your stoma output is less than 1 litre in 24 hours drink freely but do not exceed 2 litres of fluid a day. Avoid drinking large amounts of plain water.
- If you have a high stoma output, more than 1.5 litres per 24 hours you will need to speak with a healthcare professional. Also see section on fluid hydration.

## Dietary advice following your surgery

Following the formation of your ileostomy it is recommended to follow a low fibre diet initially (between **4-6 weeks**). This allows your gut to heal and any swelling to settle. This advice is only to be followed for a short period of time following your surgery.

Fibre is a complex indigestible carbohydrate found in plant foods. The following tables identify foods lower in fibre (foods to choose column).

Food groups	Examples of foods to choose	Foods to avoid
<b>Breads, crackers and flour products</b>	White bread and rolls English muffin Crumpets Waffles Pancakes Scones White crackers e.g. cream crackers, water biscuits or matzo crackers	Wholemeal, wholegrain, granary or seeded bread and rolls 50:50 bread Bread or bread products with nuts, seeds, or dried fruit Wholemeal crackers e.g. Ryvita
<b>Breakfast cereals</b>	Corn flakes Frosted flakes Rice krispies Puffed wheat Oat based cereals e.g. porridge	Bran based cereals e.g. All Bran, Branflakes Wholewheat cereals e.g. Shreddies, Shredded Wheat, Weetabix Cereals containing dried fruit or nuts e.g. granola, muesli, crunchy nut flakes
<b>Carbohydrates</b>	White rice White pasta or noodles Potatoes without their skins e.g. boiled, mashed or sweet Cous cous or bulgar wheat Tapioca Cassava Polenta	Brown rice Wholemeal pasta or noodles Wholegrains e.g. quinoa, pearl barley The skins of potatoes e.g. jacket potatoes, new potatoes

Food groups	Examples of foods to choose	Foods to avoid
<p><b>Vegetables and salad</b></p> <p>Aim for 2 portions per day</p>	<p>Most well cooked, soft or mashable vegetables without the peel or seeds            Passata (sieved tomato)            Vegetable based soups.            Florets of broccoli and cauliflower.            Root vegetables.</p>	<p>Raw or lightly cooked vegetables            Vegetables with seeds e.g. cucumber or tomato            Vegetables with skins or husks e.g. Peas, sweetcorn, celery            High fibre vegetables e.g. mushrooms, spinach, cabbage            Beans, pulses and legumes</p>
<p><b>Fruit</b></p> <p>Aim for 1 portions per day</p>	<p>Soft, ripe, peeled fruit without seeds, pips and stalks e.g. banana, peach, plum or apple            Most canned or cooked fruits e.g. fruit cocktail</p>	<p>Citrus fruits            Berries e.g. blackberries or strawberries            Prunes            Dried fruit            Fruit juice with bits            Smoothies that contain whole blended fruits</p>
<p><b>Nuts and seeds</b></p>	<p>Smooth nut butters (e.g peanut, almond)</p>	<p>All nuts and seeds            Crunchy peanut butter            Coconut</p>
<p><b>Meat, fish and alternatives</b></p>	<p>Poultry            Fish            Eggs            Quorn            Slow cooked and lean meats.            Tofu and tempeh            Meat based soups</p>	<p>Tough, gristly meat</p>

Food groups	Examples of foods to choose	Foods to avoid
<b>Dairy products</b>	Milk Hard, soft or cream cheese Yoghurt Crème fraiche Cream	Yoghurt with pips, nuts, or seeds Cheese with fruit or nuts
<b>Desserts</b>	Custard Ice cream Sponge pudding Milk puddings e.g. mousse, rice pudding, Crème caramel Jelly Stewed/tinned fruit	Puddings with dried fruit, nuts, seeds or coconut
<b>Snacks</b>	Plain biscuits Plain cake and scones Chocolate Confectionery e.g. fudge Sweets Crisps	Biscuit, cakes or scones made with wholemeal flour Oat biscuits/flapjacks Cereal bars Biscuits, cakes and chocolate with nuts, seeds or dried fruit
<b>Drinks</b>	Smooth fruit juice (no bits) (max 125ml/day) Squash Tea, coffee or peppermint or fruit tea	Fruit juice with bits Smoothies made with whole fruit
<b>Fats</b>	All fats in moderation e.g. butter, margarine, oil and cream, Avocado	

<b>Miscellaneous</b>	Jelly jam Shredless marmalade Lemon curd Honey or syrup Gravy Sauces e.g. Ketchup, brown sauce, mustard, Soy sauce Salad dressings e.g. mayonnaise or vinaigrette	Jam with bits Marmalade with shred Pickles and chutneys
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## Moving on

After 4-6 weeks start reintroducing some fibre back into your diet. Consider introducing small portions of higher fibre foods and increase gradually to tolerance.

Occasionally high fibre foods can contribute to a high output stoma (more than 1.5 litres/day). This is associated with dehydration and salt deficiency. If this is an issue, continue the low fibre advice for longer and introduce higher fibre foods more gradually and one at a time to assess tolerance.

## Fluid / hydration

Ileostomies can be associated with high fluid and salt losses and can lead to chronic dehydration. To avoid this aim for 8-10 cups of fluid per day (max 2 litres) and consider isotonic sports drinks (lucozade, powerade) or oral rehy-dration solutions (dioralyte) to improve hydration as they contain extra salts that water does not. If you are concerned that your stoma output may be high or have the symptoms below discuss with a healthcare professional including your GP, Dietitian or Stoma Nurse.

## Signs and symptoms of a high output stoma

- Watery stoma output
- Changing your stoma bag more often than usual
- Possible leaking of stoma bags
- Becoming dizzy when standing up (related to low blood pressure)
- Having a dry and sticky mouth
- Sunken eyes
- Passing a reduced volume of urine (that may be dark in colour and strong smelling)
- Headache
- Lethargy, tiredness and feeling low in mood
- Cramps in your hands and feet.



## Promoting stoma health

The following stoma issues have been associated with some foods. Consider eliminating the foods discussed below for a short while (i.e 1 week) and assess response. Re-introduce the eliminated foods if no difference is observed.

### **Foods that can cause gas/bloating:**

Asparagus, Alcohol, Broccoli, Brussels sprouts, Cabbage  
Carbonated drinks (such as soda), Cauliflower, Corn  
Dried beans and peas

### **Foods that can prevent Odour:**

Buttermilk, Kefir, Parsley, Yogurt

### **Foods that can cause loose stool:**

Alcohol, Bran, Broccoli, Brussels sprouts, Cabbage, Caffeinated drinks,  
Spicy or fatty foods, Artificial sweetener (sorbitol)

### **Foods that can cause blockage/obstruction:**

Apples skin, Bean sprouts, Cabbage, Corn, Green peppers,  
Mushrooms, Peas, Popcorn, Seeds and nuts

### **Foods that can thicken stool output:**

Applesauce, Bananas, Boiled white rice, Creamy nut butter (such as peanut butter), Oatmeal/porridge, Gelatin containing foods (jelly babies, marshmallows).

If you are diabetic you may wish to avoid some of the foods mentioned that are higher in simple sugars.

**Consider using a food diary if symptoms persist.**





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**The Department of Nutrition and Dietetics University Hospitals Sussex**

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Reference no. 1092.2

Publish Date: Jan 2022    Review Date: Jan 2025

