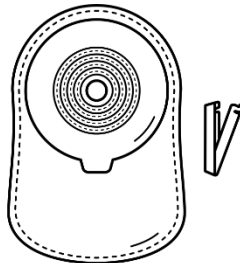




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Ileostomy & Colostomy



What is Ostomy?

An ostomy is a surgery that makes a temporary opening in the abdomen to allow body waste to leave the body.

Ostomies that discharge stool are called colostomies and ileostomies

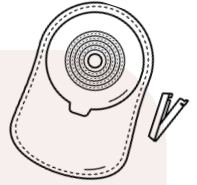
- **Ileostomy :**

An ileostomy is a surgery to make an opening in the abdominal wall to bring the small intestine (ileum) out onto the surface of the abdomen.

- **Colostomy :**

A colostomy is a surgery to make an opening in the abdominal wall to bring the large intestine (colon) out onto the surface of the abdomen.

Why is an Ostomy performed?



There are many conditions that call for an ostomy as part of the treatment and recovery. Such as malformations present from birth, cancer of the rectum and colon, obstruction of the bowel, trauma, Crohn's disease, and complications of diverticulosis.

Nutrition tips for Ileostomy & Colostomy:

- Eat small amounts every 2 to 4 hours .Establish regular meal time to help reduce gas and help your body absorb nutrient from food.
- Eating slowly and chewing thoroughly with closing the mouth.
- Avoid drinking from straw, chewing gum, eating too fast or skipping meals to prevent excess gas and watery stools.
- Foods with a good source of potassium:
Legumes, Vegetables like tomatoes, and potatoes, Fruits such as bananas and orange juice, Meats.



Nutrition tips for Ileostomy & Colostomy:

- When you begin adding different food items back into your diet, **add only one new food every few days**. Add back foods that you used to be comfortable with before surgery first, and eat only a small portion size when you re-try this food.
- Ileostomy also causes excessive fluid losses, along with electrolytes like sodium and potassium, making dehydration a special concern and drinking adequate amounts of fluid in your daily diet, especially fluids with a good source of potassium and sodium. Drink plenty of fluid daily (cranberry juice, water or other non-caffeinated drinks). Drinking liquid 30 minutes after meals **to avoid flushing foods through your system too quickly**.

Nutrition tips for Ileostomy & Colostomy:

- Avoid high fiber foods such as most raw vegetables and fruits, dried beans, whole grains.
- Increase high sodium and potassium food sources that have a low fiber contain such as soy milk, yogurt, potatoes without skin, cottage cheese, orange juice or tomato juice, baked or broiled salmon or turkey, smooth peanut butter.

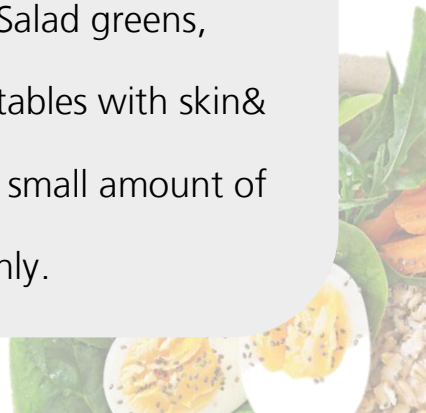


Nutrition tips for Ileostomy & Colostomy:

- Risk of Kidney stones are increased in patients with bowel disease , avoid high in oxalate as (Beets, celery, chocolate and cocoa, beans, nuts, peanut butter, soy, dark leafy greens, strawberries, sweet potatoes, tea, vitamin c supplement, whole wheat).
- High protein intake from low fat source such as lean meats and egg white.
- Deficiency of vitamin B12 is common.
Adequate intake of vitamin B12 (provided by liver, fish, eggs, Fortified Cereals and low fat milk if tolerated).

Nutrition tips for Ileostomy & Colostomy:

- In case of gassiness, avoid food that may cause gas or odor such as: Apples, Bananas, Onions, Prunes , Asparagus, Broccoli, Brussels sprouts, Carbonated drinks, Cabbage, Cauliflower, corn, cucumber, Dairy products, Eggs, Fatty foods, Dried beans/peas, Grapes, Melons, Radishes.
- Avoid Foods that can cause blockage such as Corn, Cabbage, Dried fruits, Celery, Whole grains, Meat casings, Nuts, Mushrooms, Peas, Coconuts, Popcorn, Pineapple Salad greens, Grapes, Olives, Fruits and vegetables with skin& seeds or juice with seeds. Eat a small amount of these foods and chew thoroughly.



Nutrition tips for Ileostomy & Colostomy:

- Foods that may help reduce gas and odor such as buttermilk, yogurt with active cultures Parsley and Cranberry juice, Peppermint oil.
- **In case of stool loose** avoid Spiced foods, Apple juice, Chocolate, Prune juice, Coffee, Dairy, Baked beans, Grape juice, Green leafy vegetables, Tomatoes, Broccoli, Cabbage, Corn, Whole grains, High-fat food, High-sugar food, Sugar-free substitutes, Fresh Fruit, Nuts, Seeds, and Soup.



Nutrition tips for Ileostomy & Colostomy:

- Foods that can help with thicken stools: Bananas, Cheese, Applesauce, Mashed potatoes, Rice, white bread Peanut butter (creamy) and Yogurt.
- Food help in Relief Constipation cooked vegetables and vegetables, fresh juices and fruits, water.
- Food may change the color of stool as beets, asparagus, strawberries, tomato sauces and iron pills.

Sources and References:

Academy of Nutrition and Dietetics
nutrition care manual 2021 – 2022

Review and audit:

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Health Awareness Unit

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