



Berkshire Healthcare NHS Foundation Trust  
Royal Berkshire NHS Foundation Trust

# Dietary advice when you have an Ileostomy

## Information for patients

Name \_\_\_\_\_

Your Dietitian \_\_\_\_\_

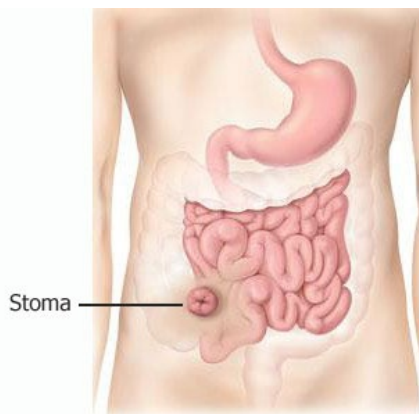
Dietitian contact number: 0118 322 7116

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## What is an Ileostomy?

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An Ileostomy is a surgical procedure that brings out the end of the small intestine, also known as the ileum, through the front of the abdomen forming a stoma (opening) from which a pouch is connected to collect stool (poo) excreted by the bowel.



### What can I eat?

For the first 4-8 weeks after your Ileostomy has been formed, your bowel may be swollen which may affect how well your food is absorbed. Therefore you might find it beneficial to have three small, easily digested meals each day with two to three snacks or nutritional drinks in between. Remember to eat slowly and chew your food well. Once your bowels are working more normally there are no specific foods that you need to avoid, but you may find that some foods upset you or cause unpleasant symptoms. More information about foods that may cause problems will be discussed later on in this booklet.

### What is a balanced diet?

A balanced diet contains foods from each of the following 5 food groups, in the correct proportions. This will mean your body gets all the nutrients that it needs (see the Eatwell Guide on page 2)

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving contains	
Energy	1000kJ
Fat	5g
Saturated fat	1.3g
Salt	34g
Sugar	0.9g
Fibre	LOW
Protein	LOW
Carbohydrate	100g
% of an adult's reference intake	
Energy	12.5%
Fat	7%
Saturated fat	2.6%
Salt	38%
Sugar	1.6%

Typical values (in bold) per 100g/100ml/160kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of fruit and vegetables every day



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Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat milk, sugar-free drinks including tea and coffee

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts



Choose unsaturated oils and use in small amounts



Choose lower fat dairy and lower sugar yoghurt

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

## Potatoes, bread and cereals

Include these with every meal and snack. It is recommended that you consume **7-14 portions per day**.

One portion includes one of the following:

- 2-4 tablespoons (tbsp) cereal
- 1 slice of bread.
- 2-3 crispbreads or crackers.
- 2-3 tbsp rice, pasta or mashed potato.
- 2 new potatoes or half a baked potato.

## Fruit and vegetables

Aim to have **5 portions per day**. A portion includes one of the following:

- Banana or apple
- 1 slice of melon
- 1 small glass of clear fruit juice
- 3 heaped tbsp of vegetables

## Meat, fish, eggs and alternatives

Have **2-3 servings daily**. Alternatives include beans and pulses but avoid large portions of these if you find that they upset you. A serving includes one of the following:

- 2-3 oz (60-85g) meat, poultry or vegetarian alternative
- 4-5 oz (120-140g) fish
- 2 eggs
- 2 tbsp nuts
- 3 tbsp beans, lentils

## **Dairy products**

Try to have **3 portions** of milk, cheese and yoghurt **daily**. Use full fat products if your appetite is poor or you are trying to gain weight.

A portion of dairy includes one of the following:

- $\frac{1}{3}$  pint of milk.
- Small pot yoghurt.
- 2 tbsp cottage cheese.
- 1  $\frac{1}{2}$  oz (40-45g, matchbox size) cheese.

## **Foods containing fat and sugar**

These include cooking and spreading fats, sugar, cakes, biscuits, crisps and so on. These can be eaten more if your appetite is poor or if weight gain is desired. If you need to build up your dietary intake or weight, snacks between meals are a good idea. Suitable snacks include:

- Cheese and biscuits.
- Yoghurt and fruit.
- Small sandwich or cake.
- Cereal with full fat milk.
- Packet of crisps or mini cheddar biscuits.

## **Fluid**

One of the main jobs of the large bowel (colon) is to absorb water. As your colon is non-functional or absent, it is therefore very important to drink plenty of fluids to prevent dehydration. Aim for at least 2 litres (10 cups) of fluid daily. All non alcoholic drinks count.

Try not to drink too much at mealtimes, have most of your drinks between meals.

The following drinks are good options:

- Fruit squashes or diluted fruit juice.
- “Isotonic” sports drinks.
- Milkshakes and milky drinks eg: hot chocolate, Horlicks, Ovaltine.
- Fizzy drinks such as lemonade or flavoured water – stirred or shaken to remove the fizz.

You will need to drink even more fluids if you do any physical exercise or if the weather is very hot

## **Fibre**

Immediately after your operation, try to avoid foods high in fibre, such as fruit, vegetables, wholemeal bread and wholegrain breakfast cereals. After a few weeks these can gradually be increased according to your tolerance levels which can be measured by the consistency of your stoma output. Remember everyone is different.

If you are having **chemotherapy** please continue to follow a low fibre diet throughout your treatment and for up to 6 weeks after your treatment period has been completed. Chemotherapy can increase your stoma output which could cause dehydration and other complications. Do not hesitate to contact the stoma nurses on Tel: 0118 322 7640 for further input as required.

## **Sodium and potassium**

It is likely that during the first 4-6 weeks following your operation you will lose higher than normal levels of these salts through your stoma. It is therefore advisable that you have sodium and potassium rich foods such as marmite, fruit juices, banana, Bovril, soups and by adding a little salt to your food. If longer term supplementation is needed your dietitian will advise you appropriately.

## Are there foods I need to avoid?

It is possible that some foods may cause unpleasant symptoms. You should only avoid foods that you find upset you, as everybody is different. If you find any food causes a problem initially, you may find that your tolerance improves with time, so aim to retry problems foods every few weeks.

If you experience problems with a particular food, you may decide to eat that food only when at home and to avoid it in social situations.

### Foods that *may* block the stoma:

- Mushrooms
- Sweet corn
- Cabbage
- Coleslaw
- Nuts
- Popcorn
- Peas
- Lentils
- Seeds
- Tomatoes (with skins)
- Orange pith
- Celery
- Pineapple
- Coconut
- Tough meat

### Foods that *may* increase stoma output:

- Large amounts of fruit, fruit juice or vegetables.
- Wine, beer or coffee.
- Coconut
- Spicy or fatty foods.

### Foods that *may* cause wind:

- Fizzy drinks.
- Lentils.
- Brussels sprouts
- Beer.
- Cabbage.
- Cauliflower.
- Beans.
- Peas.
- Broccoli.
- Leeks.
- Onions.
- Garlic.
- Cucumber.
- Bananas.
- Eggs.
- Chewing gum.

## **Foods that *may* increase odour of stoma output:**

(Fruit juices, yoghurt or parsley may help control the odour)

- Onions.
- Garlic.
- Cauliflower.
- Brussels sprouts.
- Cabbage.
- Beans.
- Broccoli.
- Parsnip.
- Turnip.
- Fish.
- Eggs.
- Strong cheeses.

**Note:** Beetroot may change the colour of the stoma output

## **Other related diet sheets that are available from the dietitians which might be useful:**

- Low fibre diet (information for patients)
- Dietary advice for people with a high stoma output
- Short bowel syndrome: What can I eat and drink?

Berkshire Healthcare Dietitians:

East Berks: 01753 636 724

West Berks: 01635 273 710

**Please ask if you need this information in another language or format.**

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