



# Dietary Advice for Stoma Patients



Telling you what you can and can't eat is almost impossible. Why? Because everyone is different and what works well for one person might not work for someone else. So, when reading this booklet, bear in mind that it is just a general guideline. If your healthcare professional has told you something different, please follow their advice!

## General diet advice

Getting back to a healthy diet after your stoma surgery can be difficult as things you've eaten before might not agree with you anymore. Speak to your stoma care nurse about what you should and shouldn't be eating. They know you and will be able to give you recommendations based on your individual needs.

Generally speaking, though, if you just had your stoma surgery, it's best to start with small portions of different foods. That will give you a good indication which foods agree with you and which ones don't.

## Good eating habits

Getting into good, regular eating habits will make it more your stoma output more regular and predictable. Here are some general rules of thumb:

- Make sure to not overeat! Rather opt for smaller portions.
- Set regular mealtimes! A good rule is to eat 3-5 times per day.
- Work your way through the never-ending list of delicious foods to figure out how your belly reacts to them.
- Always make sure to chew your food properly!

## Vitamins

Usually, if you're eating a healthy and well-balanced diet, you're unlikely going to need any vitamin supplements. Just treat yourself to some extra fruit and veg or even a tasty fruit juice if you're feeling like you're running low on vitamins.

## Fats

Despite popular belief, fats are actually super important for your body to keep your cells healthy, protect all your vital organs and it even helps with regulating your temperature. Quite the allrounder, really! It's only when fat is more than a third of your daily food intake that it starts doing more harm than good.

## Proteins

If you're into exercise, you probably know just how important proteins are to build muscles and tissue. Proteins aren't just something for athletes, though. We all need them! But where can you get your proteins from? Easy, stock up on meat, dairy, eggs, or fish.

## Carbohydrates

Carbs give your body the necessary energy so it can function properly. They're generally found in starchy food like potatoes, bread, or pasta. Are you in need of a short-term energy boost? Then indulge in something sugary like fruit, a piece of cake or some biscuits.

## Dehydration

Dehydration can happen quickly! If you're feeling thirsty, for example, you're already experiencing the first signs of being dehydrated. So, if the weather is particularly hot or you're running a marathon, make sure to up your daily fluid intake.

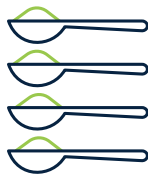
Should you find yourself in an already dehydrated state, give an isotonic sports drink a try! They help to replace all the necessary glucose and salt while also rehydrating your body. Can't get to a shop right now? Not to worry, you can easily make your own at home!

### Recipe:



3/4 pint  
of water

+



4 heaped teaspoons  
of sugar

+



1/2 teaspoon  
of salt

+



150ml  
of fruit juice

## Specific diet advice for your condition

This section includes some general advice about foods that can have certain effects in some people. This might not be true for you, however! So, if your body reacts differently, there's no need to worry.

**Reminder:** If you have any questions that are specific to your individual needs, it's best to talk to your stoma care nurse. Alternatively, you can also give our Customer Care team a ring on 0344 225 1519 and they will be more than happy to help you out.

## Colostomy

### Foods that are known to cause wind in some people:

- Beans, peas, and sweetcorn
- Onions and leeks
- Green, leafy veg like cabbage or Brussel sprouts
- Nuts
- Eggs
- Chewing gum
- Artificial sweeteners
- Beer and other fizzy drinks

### Foods that are known to cause unpleasant smells in some people:

- Eggs
- Green, leafy veg like cabbage or Brussel sprouts
- Beans
- Onion and garlic

Are you suffering from unpleasant smells? Try natural yoghurt or parsley; they might help.

### Foods that can cause diarrhoea in some people:

- Beans and peas
- Prunes

- Green leafy veg like spinach
- Chocolate
- Raw fruit and pure fruit juices
- Hot and spicy foods

Are you suffering from diarrhoea? Try some ripe bananas, peanut butter (don't try this if you are allergic to nuts!), or mashed potatoes.

## Ileostomy

### Foods that are known to cause wind in some people:

- Beans, peas, and sweetcorn
- Onions and leeks
- Green, leafy veg like cabbage or Brussel sprouts
- Nuts
- Eggs
- Chewing gum
- Artificial sweeteners
- Beer and other fizzy drinks

### Foods that can cause blockages in some people:

- Popcorn and sweetcorn
- Nuts
- Coconut
- Dried fruit

### Foods that are known to cause unpleasant smells in some people:

- Eggs
- Green, leafy veg like cabbage or Brussel sprouts
- Beans
- Onion and garlic

Are you suffering from unpleasant smells? Try natural yoghurt or parsley, they might help.

### Foods that can cause diarrhoea in some people:

- Beans and peas
- Prunes
- Green leafy veg like spinach
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Are you suffering from diarrhoea? Try some ripe bananas, peanut butter (don't try this if you've got a nut allergy!), or mashed potatoes.

## Urostomy

Generally, your diet won't have any effect on your urostomy so just stick to a well-balanced diet and make sure to drink enough fluids throughout the day.

### What to do if you're constipated or experience a blockage

Constipation happens easily and many of us suffer from it at some point during our lives. If you're currently constipated, try to increase your fluid intake as this will make your stool softer and easier to pass. To reduce the risk of getting constipated in the future, try adding more fibre to your diet. How? Here are some simple swaps you can make to up the fibre content of your diet:

- Wholemeal or granary bread rather than white bread
- Whole grain cereal rather than your usual sugar coated ones
- Wholemeal flour rather than white flour
- Make sure you have your 5 a day – whether that's raw, cooked or dried

If you have an ileostomy, then constipation is usually nothing you have to be worried about. It's important to keep an eye out for blockages, though! To reduce the risk, make sure to chew your food properly and be

extra careful with things like nuts and popcorn.

How do I know that I've got a blockage? Here are the signs you should look out for:

- You will have less to no output or your output is suddenly very watery
- You might be in pain, feel sick or be sick
- Your belly might start to swell
- Your stoma might suddenly look swollen

## How to get in touch

If you have any further questions or just want a little chat, our lovely Customer Care team is here for you.

## Opening hours:

Monday – Friday: 8am to 8pm

Saturday: 8am to 1pm

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