

Ostomy Diet

The consistency, amount, and rate of your bowel movements will depend on the food you eat. These diet guidelines will help you gain control of your bowel movements after having ostomy surgery (ileostomy or colostomy).

What should I eat?

After your surgery, your healthcare team will slowly change your diet from liquids to solid foods. Changes to your diet will depend on how you feel after eating certain foods. After time, most patients return to a fairly normal diet.

You can eat what you like when you have been told to start eating a regular diet. You may find that some foods affect your stools differently. If you had a problem with a specific food before surgery, you will likely have the same problem after surgery.

Certain foods are more likely to cause diarrhea, constipation, or incomplete digestion (where the food does not get completely broken down). In the chart below, you can see some of the common effects that certain foods can have on your stools. If you're unsure how foods will affect you, try them at home, one at a time. See chart below for foods to eat to help relieve symptoms:

Foods and their effects:

Disclaimer: This document contains information developed by United Ostomy Associations of America. This information does not replace medical advice from your healthcare provider. You are a unique individual and your experiences may differ from that of other patients. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

<p>GAS PRODUCING:</p> <ul style="list-style-type: none"> ALCOHOL (BEER) BROCCOLI BRUSSELS SPROUT CABBAGE CARBONATED BEVERAGES CAULIFLOWER CHEWING GUM CUCUMBERS DAIRY (e.g., EGGS, MILK) LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS) MELONS NUTS ONION PICKLES RADISH SOY PRODUCTS SPICY FOODS 	<p>*ODOR PRODUCING:</p> <ul style="list-style-type: none"> ASPARAGUS BROCCOLI BRUSSELS SPROUT CABBAGE CAULIFLOWER EGGS FATTY FOODS GARLIC LEGUMES (e.g., BAKED BEANS, LENTILS, PEAS) ONION SMOKED FOODS STRONG CHEESE SOME MEDICATIONS SOME VITAMINS 	<p>MAY CAUSE LOOSE STOOLS; DIARRHEA:</p> <ul style="list-style-type: none"> ALCOHOLIC BEVERAGES APPLE AND PRUNE JUICES BAKED BEANS CHOCOLATE FRESH/RAW FRUIT FRESH/RAW VEGETABLES FRIED OR SPICY FOODS HIGH SUGARED BEVERAGES LEAFY GREEN VEGETABLES MILK/CHEESE (LACTOSE INTOLERANCE) 	<p>** STOMA BLOCKAGE:</p> <ul style="list-style-type: none"> CABBAGE (FRESH/RAW) CELERY CHINESE VEGETABLES COCONUT COLESLAW CORN (WHOLE KERNEL) DRIED FRUITS FRESH/RAW PINEAPPLE MUSHROOMS NUTS, SEEDS PITH FROM CITRUS (e.g., ORANGES) POPCORN SKIN OF FRESH FRUITS (e.g., APPLE PEELS, GRAPES)
<p>COLOR CHANGES:</p> <ul style="list-style-type: none"> ASPARAGUS BEETS FOOD COLORING (RED DYES FROM KOOL AID AND PUNCH) IRON PILLS LICORICE RED JELL-O TOMATO SAUCE 	<p>*ODOR CONTROL:</p> <ul style="list-style-type: none"> CONSUME PROBIOTICS (e.g., YOGURT, AIDS IN DIGESTION) EAT SMALLER/MORE FREQUENT MEALS, AIDS IN DIGESTION FRUITS AND VEGETABLES; HELPS KEEP THE COLON CLEAN STAY WELL HYDRATED AND AVOID CONSTIPATION ODOR ELIMINATORS (DROPS, GELS, SPRAYS, TABLETS, SACHETS THAT CAN BE PLACED INTO AN OSTOMY POUCH) 	<p>***CONSTIPATION PREVENTION/RELIEF:</p> <ul style="list-style-type: none"> BRAN PRODUCTS FRUIT JUICES FRUIT (FRESH/RAW OR COOKED) OATMEAL PRUNES RAISINS VEGETABLES (FRESH/RAW OR COOKED) WATER (STAY HYDRATED) WARM BEVERAGES WARM SOUPS WHOLE GRAINS 	<p>THICKENS STOOL <i>for Diarrhea and High Output</i></p> <ul style="list-style-type: none"> APPLESAUCE BANANAS BOILED WHITE RICE OR NOODLES CREAMY PEANUT BUTTER HOT CEREALS (OATMEAL, CREAM OF WHEAT, RICE) MARSHMALLOWS PEELED POTATOES TAPIOCA PUDDING UNSEASONED CRACKERS WHITE BREAD, TOAST YOGURT

C Applies to people with a colostomy

i Applies to people with an ileostomy

Tips for your diet:

- Eat foods at the same time each day. You may find that eating four to six smaller meals helps keep your bowel movements regular.
- Try eating a larger meal at noon and a smaller meal in the evening. This helps lessen the amount of stool in the bag at night.
- Try one type of food at a time to test how it affects you. As the body heals and adjusts, foods may become easier to tolerate. If you have a problem with a food, try adding it again at a later time.
- Chew all foods completely. Do not swallow large pieces of leafy vegetables.
- Drink 8-10 eight-ounce glasses of water (at least 64 ounces) throughout the day. Do not restrict salt in your diet unless otherwise told by your healthcare provider.
- Maintain a healthy body weight as determined by your healthcare team.
- Be aware that certain foods or medicines may change the color of your stool. For example, beets can make your bowel movements red. Broccoli, asparagus, spinach, and Pepto-Bismol® can darken, even blacken, your bowel movements.
- Call your healthcare team if diarrhea is increased.
 - Avoid high fiber foods for six to eight weeks after surgery if you are having diarrhea
 - Ask your healthcare team for the handouts “Low Fiber Diet” and “Dietary Fiber”

Sample Menu for Weeks 1-3 After Surgery

Day 1		
Breakfast	Lunch	Dinner
<ul style="list-style-type: none">• Canned peaches (1/2 cup)• Whole milk (1/2 cup)• Scrambled eggs (2 eggs)• White toast (2 slices)• Margarine or butter (1 tsp)• Decaffeinated tea (1 cup)	<ul style="list-style-type: none">• Baked chicken breast (3 oz)• Steamed white rice (1/2 cup)• cooked carrots (1/2 cup)• Full fat vanilla yogurt (1/2 cup)• Margarine or butter (1 tsp)• Decaffeinated coffee (1 cup)• Whole milk (1/2 cup)	<ul style="list-style-type: none">• Chicken noodle soup (1/2 cup)• Saltines (2)• Sandwich: White bread (2 slices) Creamy peanut butter [1-2 tablespoon (Tbsp)] Jelly (1-2 Tbsp)• Applesauce (1/2 cup)• Decaffeinated tea (1 cup)

Day 2		
Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • Grapefruit juice (4 oz) • Banana (1/2) • Rice Krispies® (3/4 cup) • English muffin (1/2) • Peanut butter, creamy (1 Tbsp) • Whole milk (8 oz) • Coffee (1 cup) 	<ul style="list-style-type: none"> • Hamburger on bun Lean ground beef (3 oz) Bun (1) Ketchup (1 Tbsp.) • Applesauce (1/2 cup) • Chocolate chip cookies, no nuts (2) • Whole milk (8 oz) 	<ul style="list-style-type: none"> • Roast turkey breast (3 oz) • Gravy (1 Tbsp) • Mashed sweet potatoes (1/2 cup) • Green beans (1/2 cup) • Dinner roll (1) • Margarine (2 tsp) • Peach halves (1/2 cup) • Sparkling water with lime juice (12 oz) • Shortbread cookies (3)

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.