

# DIET AND NUTRITION: Diet Following Ostomy Placement

You have recently had surgery for placement of an ostomy tube. It is recommended that for 6 to 8 weeks you follow the dietary guidelines listed below to help eliminate problems with clogging of your ostomy tube, gas (bloating), and unpleasant odors. After 6 to 8 weeks, you can start introducing new foods, one at a time, to be certain that they do not cause discomfort and that you can tolerate them. Carbon filters and deodorants also help eliminate problems with gas and odors.

## HELPFUL HINTS

- Moderation is the key—most foods do not have to be eliminated completely.
- Experiment and keep track of irritating foods.
- Soluble fiber can help prevent loose stools, so be sure to include rice, oatmeal, bananas, and applesauce in your diet.
- Soft, cooked, or pureed vegetables should be used initially.
- Remove skin and seeds from fruits and vegetables.
- Water (fluid) is necessary to keep you from becoming dehydrated. It is recommended that you drink at least 8 to 10 glasses of liquid a day. You need to discuss the need for increases in fluid with your doctor if you experience symptoms of dehydration, including dry mouth, rapid decline in weight, constipation, dizziness, or a combination of these.
- Chew slowly with mouth closed to keep extra air from entering the intestines. Avoid chewing gum or drinking through a straw to prevent gas production.
- Chew all food well, and choose a variety of foods.
- Smaller, more frequent meals may make adjusting to foods easier, and skipping meals may cause watery stools and increase gas.

- Broil, roast, grill, or boil meats instead of frying.

**Foods that may control odors:** Tomato, cranberry, and orange juice; parsley; spinach; buttermilk; yogurt.

**Foods that may control diarrhea:** Applesauce, boiled rice, boiled milk, tapioca, marshmallows, peanut butter, bananas.

**Foods that may eliminate constipation:** Increase in fluids, cooked fruits and vegetables, coffee, and fresh fruit.

**Foods that may help to form bulk:** Bran, corn, lettuce, noodles, raw vegetables and fruit, whole wheat bread

## FOODS TO AVOID

### Stoma-Obstructing Foods

Nuts and seeds  
Popcorn  
Lobster  
Crab  
Fibrous foods  
Corn  
Mushrooms  
Shrimp  
Coconut

## Color-Changing Foods

Strawberries  
Iron pills  
Red Jell-O  
Beets  
Licorice  
Red food coloring

## Colon-Irritating Foods

Raw vegetables and fruit  
Green leafy vegetables  
Prunes  
Milk  
Alcoholic beverages  
Raisins  
Whole grain wheat  
Spices  
Bran cereals

## Gas-Producing Foods

Cabbage  
Beans  
Beer  
Milk  
Gum  
Onions  
Cucumbers  
Broccoli  
Cauliflower  
Alcohol  
Nuts  
Radishes  
Turnips  
Carbonated drinks

## Odor-Producing Foods

Fish  
Peanut butter  
Asparagus  
Garlic  
Strong cheese  
Onions  
Cod liver oil  
Baked beans  
Eggs

After 6 to 8 weeks, gradually add new foods, one at a time, to make sure they do not cause problems. Slowly add milk products, and if side effects occur, retry at a later time.

## SAMPLE MENU

### Breakfast

*Apple juice*  
*Cream of wheat*  
*Milk (if tolerated)*  
*Plain bagel with jelly and margarine*  
*Coffee or tea*

**Snack**

*Banana*

*Low-fat yogurt*

**Lunch**

*Chicken rice soup (with clear broth)*

*Egg salad sandwich on white bread made with low-fat  
mayonnaise*

*Canned sliced peaches*

*Cranberry juice*

**Snack**

*Pretzels*

*Iced tea*

**Dinner**

*Dinner roll with low-fat margarine*

*6 ounces pot roast with carrots and potatoes*

*Low-fat yogurt*

*Angel food cake*

*Coffee or tea*