



## Department of Nutrition and Dietetics

# Ileostomy Dietary Advice

For the first six to eight weeks after your Ileostomy surgery you should follow a low fibre/residue diet, aiming to slowly re-introduce foods to achieve a healthy, balanced diet in the longer term. Occasionally, a low fibre diet may be recommended longer term and your dietitian or stoma nurse will advise if this applies to you.

This leaflet gives you some general advice to help you adjust to managing your diet and stoma.

First six to eight weeks post Ileostomy:

### Follow a low fibre diet

Low fibre foods contain less than 3g of fibre per 100g. This information can be found on the product's nutritional label.

Low fibre foods	High fibre foods to avoid
White bread	Brown bread, including 50/50
White rice, pasta	Brown rice, whole wheat pasta
Potatoes, no skins	Raw vegetables/salads
Well-cooked vegetables	Peas, sweetcorn, baked beans, mushrooms
Tinned fruit (not fruit cocktail)/stewed fruit with no pips/skins	Fruit and vegetable skins/seeds/pips pineapple, mango, coconut
Cornflakes, Frosted Flakes, Rice Krispies, Coco Pops, Sugar Puffs	Whole wheat/fibre cereals eg Shredded Wheat, All-Bran, Weetabix, Muesli, Porridge. Dried fruit, nuts and seeds
Fish, chicken, meat	Fish bones, tough meat, gristle
Tofu	Quorn/Soya mince or meat pieces
Eggs, cheese	Cheese with added fruit
Milk puddings, yoghurts	Yoghurt with pieces of fruit
Dairy alternatives	
Smooth fruit juices	Fruit juice with bits
Seedless jams	Whole fruit jam with seeds
Smooth peanut butter	Crunchy peanut butter
Crisps (not skin on), 'melt in the mouth' snacks ie Skips, Wotsits, Cheese Puffs, Mini Cheddars, Jelly Babies and marshmallows	Twiglets, Popcorn
Plain crackers/biscuits/cakes eg Cream Crackers, Rich Tea, sponge cakes	Oat cakes, rye crispbreads

## Meal examples from low fibre choices

<b>Breakfast</b>	Cornflakes/Rice Krispies with full fat milk Small glass fruit juice
<b>Mid-Morning</b>	1-2 slices white toast with butter and scrambled egg/cheese/smooth peanut butter/jam. Glass of full fat milk
<b>Lunchtime</b>	Fish/chicken/meat in sauce/gravy with white rice/pasta/potatoes (no skin), yoghurt/milky pudding eg rice pudding
<b>Mid-Afternoon</b>	Milky drink eg smooth milkshake/hot chocolate with slice sponge cake/ plain biscuits
<b>Evening Meal</b>	Sandwiches eg cheese/tuna/egg, packet puff-style crisps, yoghurt/mousse
<b>Supper</b>	Glass full fat milk/warm milky drink, plain sweet biscuits/crackers with cream cheese

## To help healing, it is important to meet your nutritional needs post-surgery:

- If you have lost weight, or you have a reduced appetite, try to include high calorie and protein foods, drinks and snacks throughout the day
- Have smaller meals and more frequent snacks
- Fortify your foods with high calorie products such as full fat milk, cream, cheese and butter
- Aim to include sources of protein at every mealtime, as this helps with healing
- Have low fibre fruit (tinned/stewed) and well-cooked vegetables.

## Slowly introduce more variety of foods into your diet after 6-8 weeks

- Aim to reintroduce **one** type of more fibrous food each day
- Chew all foods well and sit upright
- Some foods may disagree with you. A food diary can help identify these foods.

<b>Foods that may cause wind/colicky symptoms</b>	<b>Foods that can help alleviate wind/colicky symptoms</b>
Brassicas eg cauliflower, broccoli, cabbage, sprouts	Peppermint - try drinking peppermint tea or adding a few drops of peppermint oil to warm water
Beans and pulses	Yoghurt - include as a snack or after a meal
Onions	
Eggs	
Spicy foods	
Chewing gum	
Fizzy drinks, fruit juice	
Beer, lager	

<b>Foods that can cause diarrhoea</b>	<b>Foods that can naturally thicken up your stoma output</b>
Caffeinated drinks eg coffee, energy drinks	Marshmallows, Jelly Babies, other sweets made with gelatine
Spicy foods, especially ones containing chilli	Under-ripe bananas
Greasy/fatty foods	Stewed apples
Fruit/fruit juice	Smooth peanut butter
Alcohol, especially wine/beer	Pasta, rice, boiled potatoes
Artificial sweeteners - use polyol sweeteners only, eg Mannitol, Xylitol, Sorbitol, Erythritol, Maltitol	
<b>Foods that may cause blockages. It is important to chew all food well to try to avoid this</b>	<b>Foods that can help alleviate constipation</b>
Seeds/nuts	Prune juice
Peas/sweetcorn/baked beans/mushrooms	Coffee
Dried fruits	Fruit and fruit juice
Popcorn	Increased fluid intake (you should not do this if you have been advised by a Health Professional to limit your fluid intake)
Fruit skins/seeds	
Coconut	

## Fluids:

- An ileostomy puts you at higher risk of dehydration as it causes you to lose more fluid and salt than you would have previously
- Unless you have been advised otherwise, you should aim to drink at least 2 litres of fluid per day
- You should also add extra salt to your food or eat salty snacks.

## Get advice from your GP/Stoma Nurse/Dietitian if:

- Your stool output is much higher (greater than 1.5 litres) or looser than normal
- You are feeling more thirsty than usual/have a dry mouth or are feeling light-headed or dizzy
- You have to get up multiple times through the night to empty your bag.

**They may advise you to take Oral Rehydration Solution (ORS) or prescribe Loperamide. It is important to take this as directed.**

**ORS should be made daily and kept in the fridge. Discard any remaining solution after 24hrs. Only take if advised to do so. Small amounts of sugar-free squash can be added.**

**St Mark's solution is an ORS that you can make up yourself and it can be a cheaper alternative.**

### **St Mark's Solution Recipe**

**Mix the following into 1 litre of water:**

- 20g (6x level 5ml spoons) Glucose powder
- 2.5g (1x heaped 2.5ml spoon) Sodium Bicarbonate
- 3.5g (1x level 5ml spoon) Sodium Chloride (Table salt)

This should be taken throughout the day. If you have been advised to restrict your fluid intake, this solution should be included as 1 litre of your daily allowance.

**If you have not had any output from your stoma, and feel it may be blocked, avoid solid foods, drink plenty of fluids and massage the area around the stoma to help relieve symptoms. If this does not help, contact your Stoma nurse for advice.**

### **Contact Numbers:**

We hope that you have found this information useful. If you have any questions please see the below contact details and useful websites:

Stoma Nurse Specialists: 01305 255 152  
Dietetic Department: 01305 254 415

### **Useful Websites:**

<https://www.nhs.uk/conditions/ileostomy/living-with/>  
[www.dansac.co.uk](http://www.dansac.co.uk)  
[www.salts.co.uk](http://www.salts.co.uk)

### **About this leaflet:**

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If you have feedback regarding the accuracy of the information contained in this leaflet, or if you would like a list of references used to develop this leaflet, please email [pals@dchft.nhs.uk](mailto:pals@dchft.nhs.uk)



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