

# Eating After Your Ileostomy

## Information for patients and families

Read this booklet to learn:

- how to eat and drink after your ileostomy surgery
- how to introduce new foods
- a list of foods that will be easier for you to digest
- a list of foods that may cause problems

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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## **Why should I watch what I eat and drink after my ileostomy?**

Eating and drinking the right way after your ileostomy surgery will:

- ✓ keep your stoma from blocking
- ✓ make sure your body is hydrated (getting enough fluids)

## **What do I need to remember?**

### **For the first 6 to 8 weeks after your surgery:**

- Avoid high fibre foods.
- Chew all of your food well.
- Drink a lot of fluid each day.

## **Why do I need to avoid high fibre foods?**

Fibre is usually digested in the large bowel (colon). For 6 to 8 weeks after ileostomy surgery, it may be hard for you to digest fibre. Too much undigested fibre may cause your stoma to become blocked.

## What should I eat in the first 6 to 8 weeks?

The charts on the next pages list foods that can help you know which foods will be easier and harder for you to digest. Foods listed under **Foods to avoid** may cause your stoma to become blocked.

## What should I drink?

You will need to drink about 8 to 10 cups (2 to 2.5 litres) of fluid each day. This will keep your body hydrated. You may need to drink more or change the types of fluids you drink if your ostomy output (the amount of waste coming out of your stoma) is high.

If your ostomy output is high (more than 1.2 litres in 24 hours) read the resource [Managing a High Output Ostomy](#) for more information on how you can change your diet.

([https://www.uhn.ca/PatientsFamilies/Health\\_Information/Health\\_Topics/Documents/Managing\\_High\\_Output\\_Ostomy.pdf](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Managing_High_Output_Ostomy.pdf))

## Introducing new foods after 6 to 8 weeks

After 6 to 8 weeks, you can gradually start to eat small amounts of high fibre foods.

- ✓ Add new foods one at a time.
- ✓ Chew all of your food well to help with your digestion.

A food that you had trouble digesting before surgery may still bother you after surgery. If you have a problem with a food, try it again in 1 to 2 weeks. You may be able to digest it better then.

## Food choice guide for patients with ileostomies

Type of food	✓ Foods to choose	✗ Foods to avoid
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Canned or well-cooked vegetables without skins and seeds:               <ul style="list-style-type: none"> <li>▪ Potato</li> <li>▪ Carrot</li> <li>▪ Winter squash (butternut, acorn, spaghetti, pumpkin)</li> <li>▪ Summer squash (yellow or green zucchini)</li> <li>▪ Zucchini</li> <li>▪ Eggplant</li> <li>▪ Green and yellow bean</li> <li>▪ Cauliflower</li> <li>▪ Broccoli</li> <li>▪ Sweet pepper</li> <li>▪ Beet</li> <li>▪ Turnip</li> <li>▪ Tomato sauce</li> <li>▪ Onion</li> <li>▪ Garlic</li> </ul> </li> <li>• Tomato sauce</li> <li>• Vegetable juice</li> <li>• Finely chopped herbs</li> </ul>	<ul style="list-style-type: none"> <li>• Raw vegetables</li> <li>• Any vegetable skins and seeds</li> <li>• Corn</li> <li>• Potato skins</li> <li>• Celery</li> <li>• Asparagus</li> <li>• Bean sprouts</li> <li>• Mushroom</li> <li>• Lettuce, salad greens</li> <li>• Spinach, kale, swiss chard, beet greens, cabbage, bok choy</li> <li>• Artichoke</li> <li>• Okra</li> <li>• Brussels sprout</li> <li>• Green pea</li> <li>• Parsnip</li> <li>• Sun-dried tomato</li> <li>• Bamboo shoot</li> <li>• Sauerkraut</li> <li>• Any vegetable prepared with nuts or seeds</li> </ul>

<b>Type of food</b>	<b>✓ Foods to choose</b>	<b>✗ Foods to avoid</b>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Peeled fresh fruit without seeds: <ul style="list-style-type: none"> <li>▪ apple, apricot, ripe banana, pear, peach, nectarine, honeydew, watermelon, cantaloupe, plum, orange and other citrus fruits* (without membranes)</li> </ul> </li> <li>• Canned fruit: <ul style="list-style-type: none"> <li>▪ peach, mandarin orange, pear, apple sauce</li> </ul> </li> <li>• All fruit juices without pulp except prune</li> </ul> <p>*Grapefruit interacts with many medications. Check with your doctor if you need to avoid eating grapefruit.</p>	<ul style="list-style-type: none"> <li>• Any fruit skins, seeds or membranes</li> <li>• Dried fruit (such as raisins, prunes)</li> <li>• Berries</li> <li>• Coconut</li> <li>• Canned or fresh pineapple</li> <li>• Mango</li> <li>• Candied fruit/fruit peel</li> <li>• Cherries</li> <li>• Grapes</li> <li>• Rhubarb</li> <li>• Prune juice</li> </ul>
<b>Milk products</b>	<ul style="list-style-type: none"> <li>• Cow's milk, Soy milk, almond milk, rice milk, cashew milk, coconut milk</li> <li>• Cream</li> <li>• Yogurt without fruit seeds or skins</li> <li>• Ice cream without nuts and fruit</li> <li>• Puddings</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt with fruit seeds and skins like: <ul style="list-style-type: none"> <li>▪ raspberry</li> <li>▪ strawberry</li> <li>▪ blueberry</li> </ul> </li> </ul>

<b>Type of food</b>	<b>✓ Foods to choose</b>	<b>✗ Foods to avoid</b>
<b>Grain products</b>	<ul style="list-style-type: none"> <li>• Baked goods and breads made with white or refined flour:               <ul style="list-style-type: none"> <li>▪ White bread</li> <li>▪ Rye</li> <li>▪ Pumpernickel</li> <li>▪ Pretzel, soft or hard roll, bagels, tortilla, pita, naan bread, roti</li> <li>▪ English muffin</li> <li>▪ Biscuit, plain or saltine crackers</li> <li>▪ Waffle, pancake</li> </ul> </li> <li>• Ready-to-eat cereals that do not contain coarse grains, bran, dried fruit, nuts or seeds:               <ul style="list-style-type: none"> <li>▪ Rice Krispies</li> <li>▪ Corn Flakes</li> <li>▪ Cheerios</li> <li>▪ Crispix</li> <li>▪ Special K</li> </ul> </li> <li>• Oatmeal, cream of wheat</li> <li>• White pasta, noodles, white rice, barley, couscous</li> <li>• Congee (plain or flavoured)</li> <li>• Rice pudding, tapioca pudding</li> </ul>	<ul style="list-style-type: none"> <li>• Coarse whole grain baked goods and breads including 7 or 12 grain and flaxseed breads</li> <li>• Bread rolls or crackers which have dried fruit, nuts or seeds</li> <li>• Coarse bran breads</li> <li>• Bran cereals and multi-grain cereals with dried fruit, nuts, coconut and whole grains:               <ul style="list-style-type: none"> <li>▪ All Bran</li> <li>▪ Bran Buds</li> <li>▪ Bran flakes</li> <li>▪ Muesli</li> <li>▪ Red River Cereals</li> <li>▪ Any cereal with “fibre” in the title</li> </ul> </li> <li>• Steel-cut oats</li> <li>• Multi-grain or whole wheat pastas</li> <li>• Brown or wild rice</li> <li>• Popcorn</li> <li>• Quinoa</li> </ul>

<b>Type of food</b>	<b>✓ Foods to choose</b>	<b>✗ Foods to avoid</b>
<b>High protein foods</b>	<ul style="list-style-type: none"> <li>• Beef, lamb, veal, pork, poultry, fish</li> <li>• Luncheon meat (without seeds or whole spices, casing removed)</li> <li>• Sausage patty</li> <li>• Hard and soft cheese, cottage cheese</li> <li>• Egg</li> <li>• Smooth peanut butter and smooth nut butters</li> <li>• Tofu and tempeh</li> <li>• Hummus</li> </ul>	<ul style="list-style-type: none"> <li>• Legumes such as lentils, dried beans, dried peas, soybeans</li> <li>• Luncheon meat with whole spices or seeds</li> <li>• Meats with casings like sausages or hot dogs</li> <li>• Tough or gristly pieces of meat</li> <li>• Whole nuts and seeds</li> <li>• Crunchy peanut butter or other crunchy nut butters</li> <li>• Lobster, shrimp and crab</li> <li>• Mussels, clams, scallops, squid, octopus</li> </ul>
<b>Fats</b>	<ul style="list-style-type: none"> <li>• Margarine and butter</li> <li>• Olive oil or vegetable oil</li> <li>• Gravy</li> <li>• Coffee creamer</li> <li>• Cream cheese</li> <li>• Pesto</li> </ul>	None

Type of food	✓ Foods to choose	✗ Foods to avoid
<b>Other</b>	<ul style="list-style-type: none"> <li>• Sugar, honey, syrup</li> <li>• Jelly, gelatine</li> <li>• Hard candy</li> <li>• Smooth chocolate without nuts, seeds or dried fruit</li> <li>• Baked desserts with allowed ingredients</li> <li>• Condiments</li> <li>• Spices (ground)</li> <li>• Potato chips without skins</li> </ul>	<ul style="list-style-type: none"> <li>• Marmalades and jams with seeds and skins</li> <li>• Candies, chocolates and sweets with dried fruit or nuts</li> <li>• Relishes, pickles and olives</li> <li>• Chili sauce or oils with pieces of chili pepper skins or seeds</li> </ul>



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