



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Ileostomy/Ileoanal Pouch Diet

- Most individuals with an ostomy or pouch can enjoy a normal diet, however food tolerances may vary from person to person.
- Individuals with a normal, functional ileostomy or ileoanal pouch usually do not become nutritionally depleted and do not need to increase food/caloric intake.

Guidelines when eating meals:

- Eat meals regularly (3 to 4 times per day).
- Avoid over eating and avoid large meals to prevent food bolus obstructions.
- Chew food well to prevent food bolus obstruction.
- Try new foods one at a time to learn which foods may have irritating side effects.
- Drink fluids with meals.

Preventing Food Bolus Obstruction:

It is not necessary to avoid the following foods; however use caution. Eat small amounts and chew food well. These foods are high fiber/ cellulose foods and are not digested completely. Large amounts may result in obstruction.

- Celery
- Popcorn
- Chinese vegetables
- Coconut skins
- Raw pineapple
- Coleslaw
- Raisins (and other dried fruits)
- Nuts
- Seeds
- Peas
- Vegetables
- Mushrooms
- Salad Greens
- Relishes

Gas & Odor:

Everyone produces gas along with bowel movements. Foul smelling stool is typically caused by bacteria in the bowel acting on particular foods to produce odorous gas. Types and amounts of gases and odors may differ among patients with different dietary practices. Eliminating gas is a normal bodily function.

Odor producing foods:

- Alcohol
- Legumes
- Onions
- Garlic
- Cabbage
- Spiced foods
- Cheese
- Asparagus
- Fish
- Eggs
- Antibiotics
- Some vitamins and mineral supplements

Do not eliminate these foods automatically. If you experience a problem, try small amounts again a few weeks later before cutting foods completely out of your diet.

- Buttermilk, parsley, and yogurt may help reduce odor. You can include one of them in your daily diet.

(over)

- High gas production may cause the pouch to become more tense and distended.
- Skipping meals may produce gas.
- Eat slowly to avoid swallowing air.
- Avoid chewing gum or drinking through a straw.
- Beer and other carbonated beverages should be limited.

Vitamins:

Vitamin B12 & Vitamin C. Individuals with ileostomies and ileoanal pouches may have lower vitamin C and folate intakes because of low fresh vegetable and fruit intake. You may require supplementation. If you have had terminal ileum resection vitamin B12 supplementation may be necessary because B12 is primarily absorbed in the terminal ileum. Ask your doctor.

Dehydration & Mineral Loss:

*Because you do not have a colon for water absorption, it is very important to drink 2-3 quarts of fluids per day. It is easy to quickly lose large amounts of water, minerals, and vitamins when diarrhea occurs. Diarrhea may result from eating certain foods, emotional stress, traveling, illnesses, and impure water. The following foods may help when you experience diarrhea:

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| • Applesauce | • Cream of rice | • Tea |
| • Peanut butter | • Bananas | |
| • Rice | • Boiled milk | |

Hard work/sweating, vomiting, or diarrhea causes fluid loss. Losing too much fluid may lead to dehydration. Fluid and mineral losses need to be replaced so that you do not become dehydrated and ill.

- Caffeinated and alcoholic beverages are dehydrating.
- Drink plenty of fluids (2-3 quarts per day.)
- A normal diet usually supplies enough sodium and potassium to the body; however the following foods are good sources of potassium & sodium.

Foods high in potassium:

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| • Milk | • Orange juice | • Beef |
| • Chicken | • Potatoes | • Cherries |
| • Peppers | • Bananas | • Sports drinks (Gatorade, Propel, Powerade...) |
| • Tomatoes | • Avocado | |
| • V8 juice | • Spinach | |

Foods high in sodium:

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| • Table salt | • Cracker | • Sports drinks (Gatorade, Propel, Powerade...) |
| • Ketchup | • Canned foods | |
| • Gravy | • V8 juice | |
| • Soy sauce | • Peanut butter | |

It is important to speak to your doctor if you follow a diet that restricts potassium or sodium. He or she will give you special instructions for your condition.

***Please call the office if you have any questions or concerns: (920) 494-9685. If you feel blocked or dehydrated, call for admission or IV fluids.**