

Dietary advice after you have a colostomy

Nutrition and Dietetics

Information for Patients

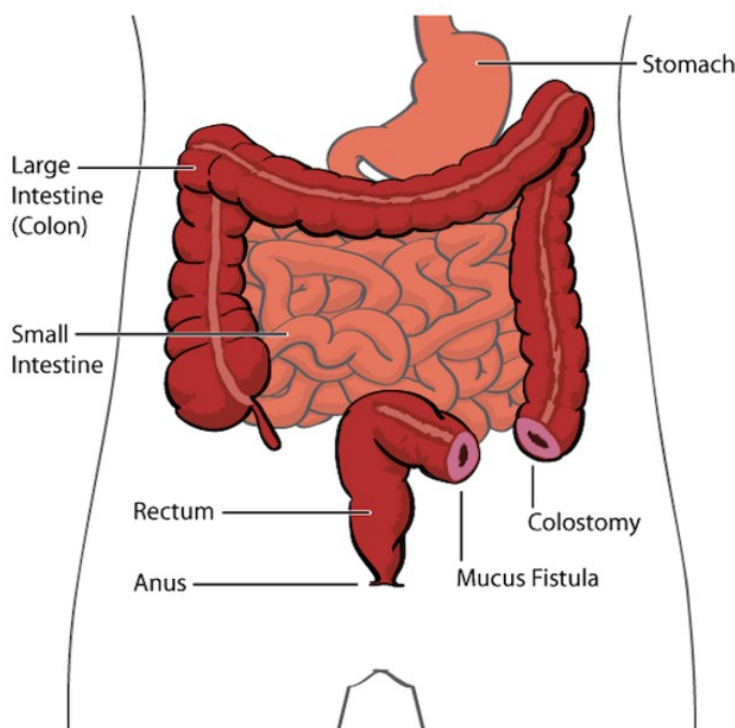
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What is a colostomy?

A stoma is a an opening created by surgery. It connects your intestines to the outside of your body. A colostomy is a stoma formed from bringing part of your large bowel (colon) out onto the front of your tummy (abdomen). The colostomy diverts the flow of poo out of the body and into a stoma bag. It can be formed along any part of the colon. The output from a colostomy tends to be more formed, depending on where your stoma is along the colon.



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What can I eat after having a colostomy?

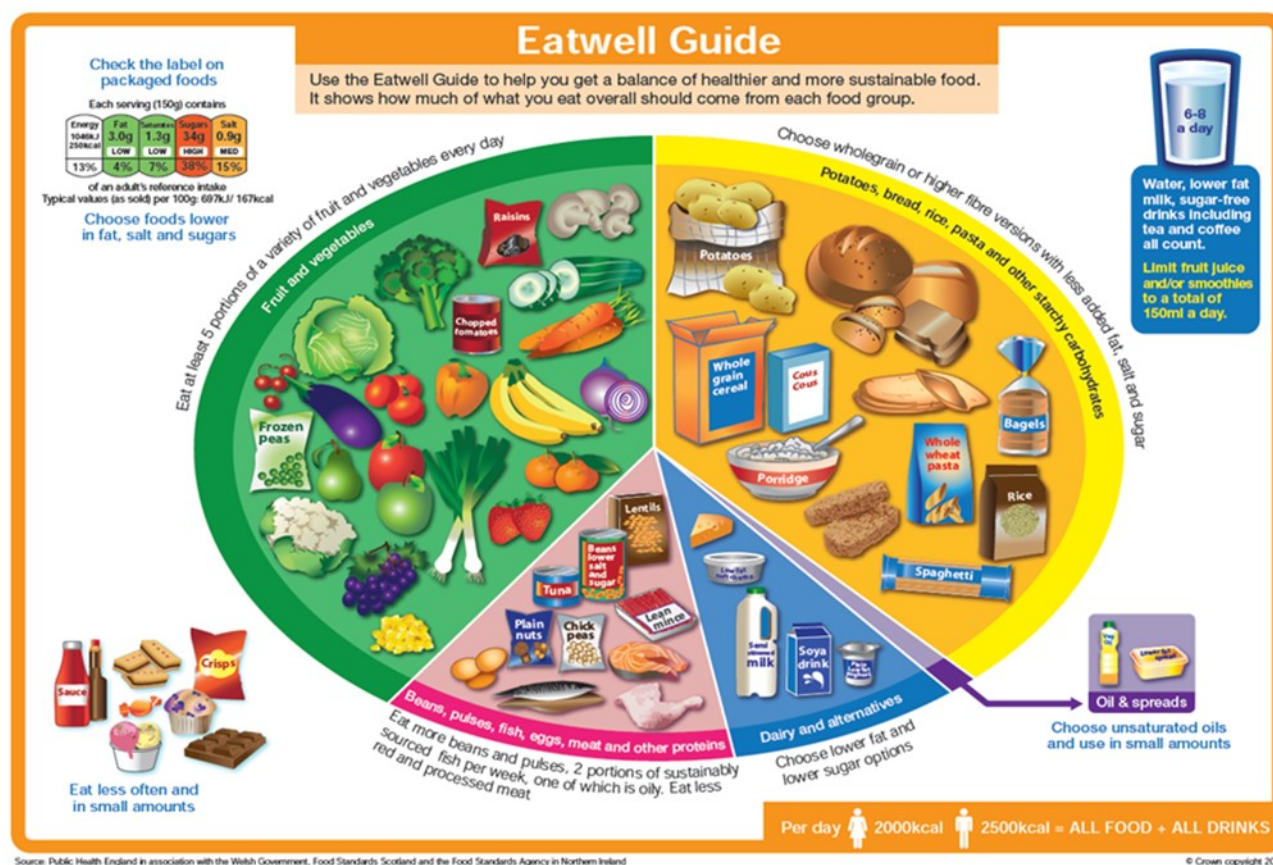
The formation of the colostomy has little effect on digestion and absorption of fluids and nutrition in most cases.

Most patients are able to have a normal, healthy, balanced diet based on the 'Eat Well Guide'.

You should aim to include a variety of different foods from each of the groups from the 'Eat Well Guide'.

Aim to drink 6 to 8 cups or glasses of fluids a day.

Eating and drinking regularly throughout the day helps to keep you colostomy working well. You should also make sure to eat slowly and chew your food well.



After having a colostomy, you may wish to follow a low fibre diet for the first few days after your surgery. Then start to slowly bring fibre back into your diet. Your dietitian can give you written and verbal advice on how to change the fibre content of your diet if needed.

Everybody is different in the foods they are able to tolerate, with or without a stoma. It may take trial and error to work out if there are any foods that may cause you any digestive issues. Try keeping a food diary to check if you can spot foods which may be causing a problem.

Some people may find that they struggle to tolerate foods which they often enjoyed before they had a colostomy. It is important to note that the bowel adapts and these issues will often resolve with time.

Below is a table of other more frequently reported symptoms and foods that may be causing the problem:

Foods that may cause loose poo	High fibre foods (such as wholemeal/wholegrains, nuts, pulses, beans, lentils, raw fruit and vegetables) High fat foods Alcohol Caffeinated drinks Fruit juice Spicy foods Artificial sweeteners
Foods that may cause odour	Brassica vegetables such as cauliflower, broccoli, cabbage Garlic and onions Beans, peas and pulses Eggs Fish Alcohol Fizzy drinks
Foods that may cause wind	Brassica vegetables such as cauliflower, broccoli, cabbage Garlic and onions Beans, peas and pulses Fizzy drinks Chewing gum
Foods that can thicken stoma output	Ripe banana Boiled rice or pasta Marshmallows or jelly babies

What do I do if my stoma is blocked?

- If your stoma blocks **STOP** eating.
- Keep on drinking plenty of fluids. This will help the blockage to pass.
- If the symptoms last for more than 12 hours, call your GP or stoma nurse.

If you are still struggling with your eating and would like more support with this, please speak with your hospital consultant or GP for a referral to a dietitian.

Contact details

Dietitian contact details:

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

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