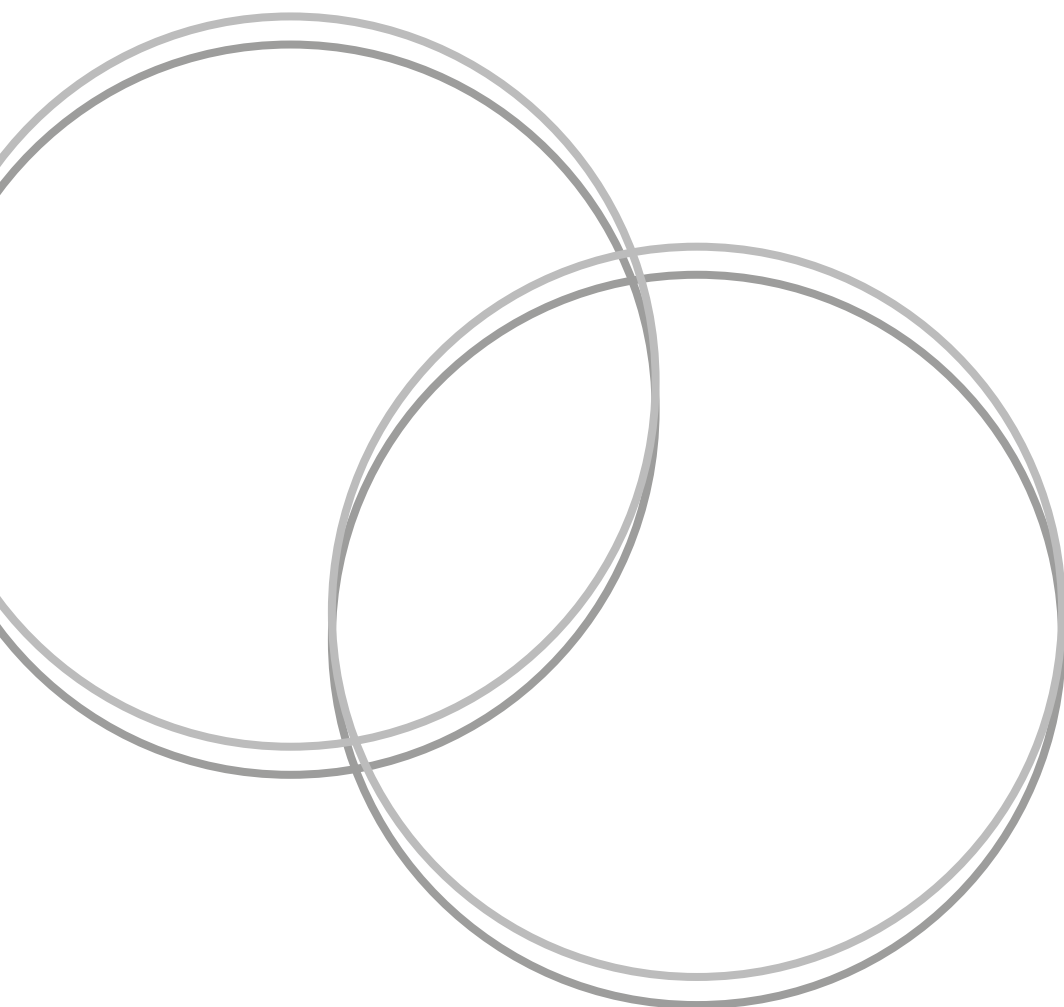


Help with managing high stoma output



This leaflet provides ways to reduce your stoma output. If you have any queries or concerns please ask your doctor, dietitian or stoma nurse for advice.

When your large bowel (colon) is removed, the small bowel is not as efficient at absorbing fluid and you may experience a high output from your stoma. A high output from your stoma is defined as losing more than 1500ml fluid per day and you are at greater risk of becoming dehydrated. However, over time your small bowel (ileum) is usually able to adapt to maintain hydration.

A high stoma output may occur for any of the following reasons:

- A newly formed stoma
- If your bowel is shortened after formation of a stoma
- Your bowel is affected by disease or treatment.

How would I recognise dehydration?

If you are dehydrated you may experience:

- Dry, sticky mouth
- Increased thirst
- Light headedness or feeling dizzy especially when going from sitting to standing
- Tiredness
- Headache
- Passing less urine which is dark or strong smelling
- Muscle cramps.

The colour of your urine is a good guide to see how well hydrated you are. A clear, pale yellow colour suggests good hydration whereas a more concentrated, dark yellow colour may indicate you are becoming dehydrated. Please check the colour of your urine every day.

What should I do if I get dehydrated?

If you are experiencing any of the above symptoms and feel dehydrated please contact the Stoma Care department or your GP for further advice.

Guidance on how to reduce your stoma output

Your stoma output may be reduced by:

- Drinking less fluid and replacing it with an oral rehydration solution
- Increasing your salt intake
- Reducing your fibre intake in your diet
- Taking medication to reduce your output.

What should I drink to reduce my stoma output?

Drinking too much ordinary fluid and caffeine may increase your stoma output and make you become more thirsty and dehydrated.

You can reduce your stoma output by:

- Limiting the amount of ordinary fluids that you drink (for example fruit juice, squash, fizzy drinks, water, tea or coffee) to about 500mls (about 3 cups per day)
- Choose decaffeinated tea, coffee, cola, or herbal and fruit teas as alternatives
- Drinking a rehydration solution to help your body absorb fluid and salt.

Your Doctor, Dietitian or stoma nurse will advise when you are able to increase the amount of ordinary fluids that you can drink.

Rehydration solutions

These are specially formulated drinks which are high in salt to help your body absorb fluid and reduce losses from your stoma.

The electrolyte mixes need to be made up freshly every day. You will need to follow the recipes exactly to obtain the right solution. It is recommended that you drink 1litre of the electrolyte mix every day in addition to reducing your normal fluid intake.

St Marks Solution

20g (six level teaspoons) of Glucose

2.5g (one heaped half-teaspoon/2.5ml spoon) of Bicarbonate of Soda

3.5g (one level teaspoon) of Sodium Chloride (salt)

This needs to be dissolved in 1litre of cold tap water.

Adding a small amount of squash, fruit cordial, fresh lemon or lime can improve the taste. This is best added while making up the solution rather than adding to each glass so that the salt content remains high.

Isotonic Lucozade Sport

1 litre isotonic Lucozade Sport

1 level teaspoon salt

(This recipe can be halved if 500ml bottles are available)

Dioralyte (double strength)

10 sachets

1 litre of water

WHO Recipe

½ teaspoon salt

½ teaspoon salt substitute

2 tablespoons plus ¾ teaspoon sugar

1 ¼ teaspoons trisodium citrate dehydrate

This needs to be dissolved in 1litre of cold tap water.

When it is hot, we sweat and lose salt and fluid from the body. In this situation people with a high stoma output are more likely to get dehydrated and you may find you need to drink more electrolyte mix to replace these losses.

If your stoma output reduces, you may be able to reintroduce small amounts of fluid back in to your diet as advised by your doctor, dietitian or stoma nurse.

How can I increase my salt intake?

Each day you lose a lot of salt (sodium) from your stoma and it is important to try and replace these losses by following a diet high in salt.

You can increase your salt intake by:

- Using salt in cooking and adding salt to your meals
- Eating high salt foods like salty crisps, savoury biscuits and crackers, cheese, bacon, ham, smoked or tinned fish, sauces (for example tomato ketchup or brown sauce)

How can I reduce my fibre intake?

Fibrous foods are difficult to digest and may increase your stoma output especially if eaten in large quantities or if not properly chewed. Reducing your fibre intake may help decrease your stoma output.

When your stoma output settles, you may want to re-introduce some of these foods but start with small portions, well-cooked and chew them carefully.

Bread and Cereals

High fibre foods to avoid

Wholemeal /granary bread,
added fibre white bread

Wholemeal flour, wholegrain
or granary flour, bran,
chickpea flour, cornmeal

Wholegrain, wholemeal and
bran cereals e.g. BranFlakes®,
All Bran®, Weetabix®, muesli,
Shredded Wheat®, porridge
oats, Ready Brek®, Fruit
n Fibre®, Sultana Bran®,
Granola, Cheerios®

Rye crispbreads, wholemeal
crackers, oatcakes, cereal bars

Hot cross buns, tea cakes,
fruit scones

Lower fibre foods to include

White bread

White flour, cornflour, rice
flour, potato flour

Rice or corn based cereals e.g.
Rice Krispies®, Cornflakes®,
Coco Pops®, Frosties®, Rice
Krispies®

Cream crackers, rice cakes,
corn cakes

'Melt-in-the-mouth' Melba
toast

Crispbreads (without seeds
and grains) and corncakes

Croissants, brioche

Plain bagels, crumpets, plain
muffins and scones

Pancakes and potato cakes

Plain bread sticks

Cheese straws

Danish pastries

Potato, Rice and Pasta

| High fibre foods to avoid | Lower fibre foods to include |
|--|--|
| <p>Wholegrain and wholemeal pasta</p> <p>Brown and wild rice</p> <p>Barley, pearl barley, spelt, bulgar wheat, farro, freekeh, amaranth</p> <p>Jacket potato skins</p> | <p>White pasta</p> <p>White rice</p> <p>Noodles e.g. egg, rice, vermicelli, udon</p> <p>White couscous, millet, buckwheat</p> <p>Tapioca, sago, semolina</p> <p>Boiled, mashed or roast white or sweet potatoes (no skin)</p> <p>Sweet potato, yams (no skin)</p> <p>Polenta</p> |

Dairy foods

| High fibre foods to avoid | Lower fibre foods to include |
|--|---|
| <p>Yoghurts containing nuts or cereals</p> | <p>Milk (all types e.g. cow's, goats's, sheep's, soya, rice, oat, almond)</p> <p>Plain or smooth yoghurts</p> <p>Cheese (no nuts, seeds, dried fruit, cereals), plain cottage cheese</p> <p>Butter, margarine</p> <p>Ice cream and sorbet (no nuts, seeds)</p> <p>Cream, sour cream, crème fraîche</p> <p>Custard</p> |

Meat, fish & protein alternatives

| | |
|---|---|
| <p>High fibre foods to avoid</p> <p>Convenience foods containing wholegrains & vegetables e.g. onions, peppers</p> <p>All varieties of beans e.g. baked beans, broad beans, borlotti, cannellini, kidney and soya beans</p> <p>All varieties of pulses e.g. lentils, chickpeas</p> <p>Crunchy nut butters</p> <p>Houmous</p> <p>All nuts and seeds</p> | <p>Lower fibre foods to include</p> <p>All types of fish, meat and meat products i.e. fresh, frozen, tinned</p> <p>Smooth pate and liver sausage</p> <p>Smoked salmon or mackerel pate</p> <p>Soya mince</p> <p>Quorn®</p> <p>Eggs</p> <p>Tofu</p> <p>Smooth nut butters</p> |
|---|---|

Biscuits and cakes

| | |
|---|--|
| <p>High fibre foods to avoid</p> <p>Wholemeal biscuits e.g. Digestives, Hobnobs®</p> <p>Biscuits made with dried fruit or nuts e.g. Garibaldi®, fig rolls</p> <p>Flapjack, cakes and puddings made with oats</p> <p>Cakes made with wholemeal or wholegrain flour</p> <p>Cakes with dried fruit and nuts</p> | <p>Lower fibre foods to include</p> <p>Plain biscuits e.g. Rich Tea®, Morning Coffee®, Morning Coffee®, custard creams, malted milk, bourbon creams, ginger nuts, Nice®</p> <p>Cakes, puddings and pastries made with white flour</p> <p>Plain jelly, milk puddings</p> <p>Mousse</p> |
|---|--|

Fruits

| | |
|--|---|
| <p>High fibre foods to avoid</p> <p>Fresh, tinned or stewed</p> <p>Blackberries</p> <p>Blackcurrants</p> <p>Blueberries</p> <p>Cherries</p> <p>Clementines</p> <p>Coconut</p> <p>Cranberries (fresh and dried)</p> <p>Dates</p> <p>Dried apricots</p> <p>Figs</p> <p>Grapefruit</p> <p>Grapes</p> <p>Kiwi</p> <p>Mandarins</p> <p>Oranges</p> <p>Passion fruit</p> <p>Pineapple</p> <p>Plums (contain high level sorbitol)</p> <p>Pomegranate</p> <p>Prunes</p> <p>Raisins</p> <p>Raspberries</p> <p>Redcurrants</p> <p>Rhubarb</p> <p>Strawberries</p> <p>Sultanas</p> <p>Other</p> <p>Fruit juice with bits</p> <p>Smoothies made with above high fibre fruits</p> | <p>Lower fibre foods to include</p> <p>Fresh, tinned or stewed (avoid pips, seeds, skin and pith)</p> <p>Avocado</p> <p>Apples</p> <p>Apricots</p> <p>Bananas</p> <p>Mango</p> <p>Melon</p> <p>Nectarines</p> <p>Papaya</p> <p>Pears</p> <p>Peaches</p> <p>Watermelon</p> <p>Other</p> <p>Fruit sauces and coulis with pips removed e.g. sieved raspberry coulis, apple sauce</p> |
|--|---|

Vegetables

High fibre foods to avoid

Asparagus
Bean sprouts
Beetroot
Bok or Pak Choi
Broad beans
Brussel sprouts
Cabbage
Celery
Chicory
Chilli (fresh)
Coleslaw
Edamame
Fennel
French beans
Garlic (raw or undercooked)
Gherkins
Ginger
Globe and Jerusalem
Artichokes
Kohlrabi
Leeks
Lemon grass
Okra
Olives
Onion (raw or undercooked or pickled)
Peas
Radishes
Runner beans

Shallots (raw or undercooked)
Soya beans
Spinach (raw)
Spring greens
Spring onions
Sugar snap peas
Sweetcorn
Tomatoes (whole with skins and pips)
Watercress

Other

Tough stalks of vegetables e.g. broccoli, cauliflower
Soups with whole vegetables e.g. minestrone

Vegetables (continued)

| | |
|---|--|
| <p>Lower fibre foods to include</p> <p>(avoid pips, seeds, skins and pith)</p> <p>Aubergine (peeled and deseeded)</p> <p>Avocado</p> <p>Broccoli (no stalks)</p> <p>Butternut squash</p> <p>Carrots</p> <p>Cauliflower (no stalks)</p> <p>Celeriac</p> <p>Chilli puree</p> <p>Courgette (peeled)</p> <p>Cucumber (peeled and deseeded)</p> <p>Daikon (Asian radish)</p> <p>Garlic puree</p> <p>Gem squash</p> <p>Ginger puree</p> <p>Horseradish puree</p> <p>Marrow (peeled)</p> <p>Parsnips</p> <p>Peppers (peeled and deseeded)</p> <p>Pumpkin</p> <p>Shallots (well cooked as a paste)</p> <p>Spinach (well cooked)</p> <p>Swede</p> <p>Tomato passata</p> | <p>Tomatoes (peeled and deseeded)</p> <p>Turnips</p> <p>Vegetable soups (made with allowed vegetables)</p> |
|---|--|

Condiments

High fibre foods to avoid

Pickles and relishes
Chutneys with whole pieces
Wholegrain mustard
Stalks and leaves of fresh herbs
Jam with seeds
Marmalade with peel
Salad with wholegrain mustard

Lower fibre foods to include

Tomato ketchup
Barbecue sauce
Smooth mustard
Brown sauce
Worcester sauce
Tabasco® sauce
Smooth chutneys
Mayonnaise, salad cream
Salt and pepper
Dried herbs
Powered spices
Gravy
Seedless jam or marmalade
Lemon curd
Honey
Golden syrup, maple syrup and treacle
Hazelnut spread, Nutella®
Smooth nut butters e.g. peanut or almond
Marmite®, Vegemite® and Bovril®

Sweet Treats

| | |
|---|---|
| High fibre foods to avoid Chocolate with fruit & nuts | Lower fibre foods to include Smooth milk, white & plain chocolate Boiled sweets Fudge |
|---|---|

Medications

You may be prescribed medications like loperamide or codeine phosphate to reduce your stoma output and these are best taken 30-60 minutes before food. You may also be prescribed anti-secretory medication such as omeprazole to reduce the amount of acid produced by your stomach.

What if I have a small appetite or am losing weight?

- Choose protein foods like meat, fish, eggs, quorn or tofu at each meal
- Choose full fat dairy products such as full fat milk, cheese and yoghurts
- Eat starchy foods like white bread, cereals, potatoes, rice or pasta at each meal
- If your appetite is poor, take smaller meals with regular snacks in between like crisps, biscuits, cakes, muffins, crumpets or scones with butter/margarine, crackers with cheese
- Fortify your meals: Add 4 tablespoons of skimmed milk powder to 1 pint of whole milk and use on cereals, puddings and beverages. Add margarine, butter or grated cheese to vegetables, potatoes and soups. Try adding custard, double cream or ice cream to puddings for extra energy.

If you have a poor appetite, any difficulties with eating sufficient amounts of food or continue to lose weight then contact your Dietitian.

Meal Suggestions

Breakfast

- Cereal e.g. cornflakes or Rice Krispies® soaked in whole milk
- Tinned pears, stewed fruit, fruit compote
- Full fat yoghurt, fromage frais, Petit filou®, Skyr® yoghurt, natural yoghurt
- Omelette, scrambled, poached or soft boiled egg
- White bread toast, plain or cheese muffins or scones, potato cakes, croissant or pancakes

Add butter, sugar, jam, honey cream or full cream milk to add extra nutrition

Meals

- **Hotpots/stews/ casseroles** (make sure the meat is very tender and chewed well before swallowing. Use vegetables from allowed vegetable list)
- **Cottage pie/shepherds pie**
- **Corned beef hash**
- **Mashed potatoes/mashed sweet potatoes/peeled boiled potatoes/polenta/white couscous** served with
 - Minced cooked meats or meat alternatives i.e. quorn
 - Poached fish in sauce
 - Fish pie, fish morney
 - Tinned fish (tuna, salmon) with sauce or mayonnaise
- **Eggs**
 - Scrambled egg with extra butter or cheese
 - Cheese omelette
 - Soft or poached boiled egg
 - Quiche (filling with allowed vegetables)
 - Souffles e.g. cheese, salmon

- **Pasta** (always use white pasta), dried or fresh
 - Small pasta shapes with sauce e.g. cheese sauce, smooth tomato sauce, Bolognese sauce (made with passata)
 - Macaroni cheese
 - Tinned spaghetti or ravioli
- **Noodles**
 - Egg, rice, vermicelli or udon noodles
 - Add noodles to a soup or broth (vegetables from allowed list)
 - Wontons in soup or broth
- **Rice** (always use white rice e.g. long grain, risotto or basmati)
 - Served in sauce with tender meat or fish e.g. Bolognese sauce
- **Jacket potato** (no skin) mashed with
 - Cheese and butter
 - Tuna mayonnaise
 - Egg mayonnaise
 - Coronation chicken
- **Bowl of soup**
 - Chicken, oxtail carrot and coriander, butternut squash
 - Avoid soups with lots of vegetables or soups that contain lentils or beans

Suitable snacks

- Crackers or breadsticks with cottage cheese/spread cheese/soft cheese/smooth peanut butter/hazelnut spread or Nutella®
- Fruit fools, instant whips or crème caramel
- Milk puddings e.g. individual pots of custard, rice pudding
- Plain biscuits e.g. rich tea, malted milk, custard creams
- Yoghurt or fromage frais
- Crisps e.g. Skips®, Wotsits®, Quavers®, Pom Bears® or Pringles®

Cooking Tips

- Cook with larger pieces of garlic/onions/shallots/lemon grass/ginger for flavour and remove prior to eating
- Roast or boil tomatoes/peppers to removal skins
- Use tomato passata in place of fresh tomatoes

Contacts

My Dietitian:

Telephone:

Email:

My Stoma Nurse:

Telephone:

Email:

Acknowledgements

With thanks to St Mark's Hospital and Academic Institute, Harrow, and London North West Healthcare NHS Trust for allowing use of their 'High stoma output' information leaflet.

If you have any queries concerning the information in this leaflet, please contact OUH Dietetic Department: 01865 221702/3

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Surgical Dietitians, Nutrition and Dietetics
May 2022

Review: May 2025

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