

Colorectal Nursing Department

Foods that may affect how your ileostomy works

Information for patients



The following lists show how different types of food can affect how your ileostomy works, to help you make a choice over what to include in your diet.

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| <p>Baked beans Beer Caffeinated drinks Chocolate Leafy green vegetables Raw fruits and vegetables Spicy foods Wholemeal food Cereals Alcohol Citrus fruits and juice</p> | <p>This group of food and drink may increase your output, as they are stimulants to the bowel.</p> |
| <p>Apple sauce Bananas Boiled rice Cheese Smooth peanut butter Tapioca White bread Potatoes Suet pudding Pasta</p> | <p>This group of foods may decrease your output. Most of these are high in carbohydrate.</p> |
| <p>Beer Fizzy drinks Dried beans and peas Milk and milk products Onions Vegetables in the cabbage family (cabbage, broccoli, sprouts)</p> | <p>These types of foods and drinks may increase the amount of wind you produce.</p> |
| <p>Mushrooms Sweetcorn Potato skins Nuts Tomato skins Raw fruit skins Celery strings</p> | <p>This group of foods are not digested or broken down by the gut and have been known to block the stoma. Our advice is to avoid these foods for the first few weeks after surgery, and then chew them well when you start to eat them.</p> |

How to contact us

If you have any questions about your diet or concerns about what to eat, please contact the Advanced Nurse Practitioner or Specialist Nurse Practitioner.

Tel: **01865 221 839** or **01865 235 367**
(9.00am to 5.00pm, Monday to Friday)

Email: **colorectal.nursing@ouh.nhs.uk**

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

Author: OUH Stoma/Colorectal Nursing Team
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Oxford University Hospitals NHS Foundation Trust
Oxford OX3 9DU
www.ouh.nhs.uk/information

