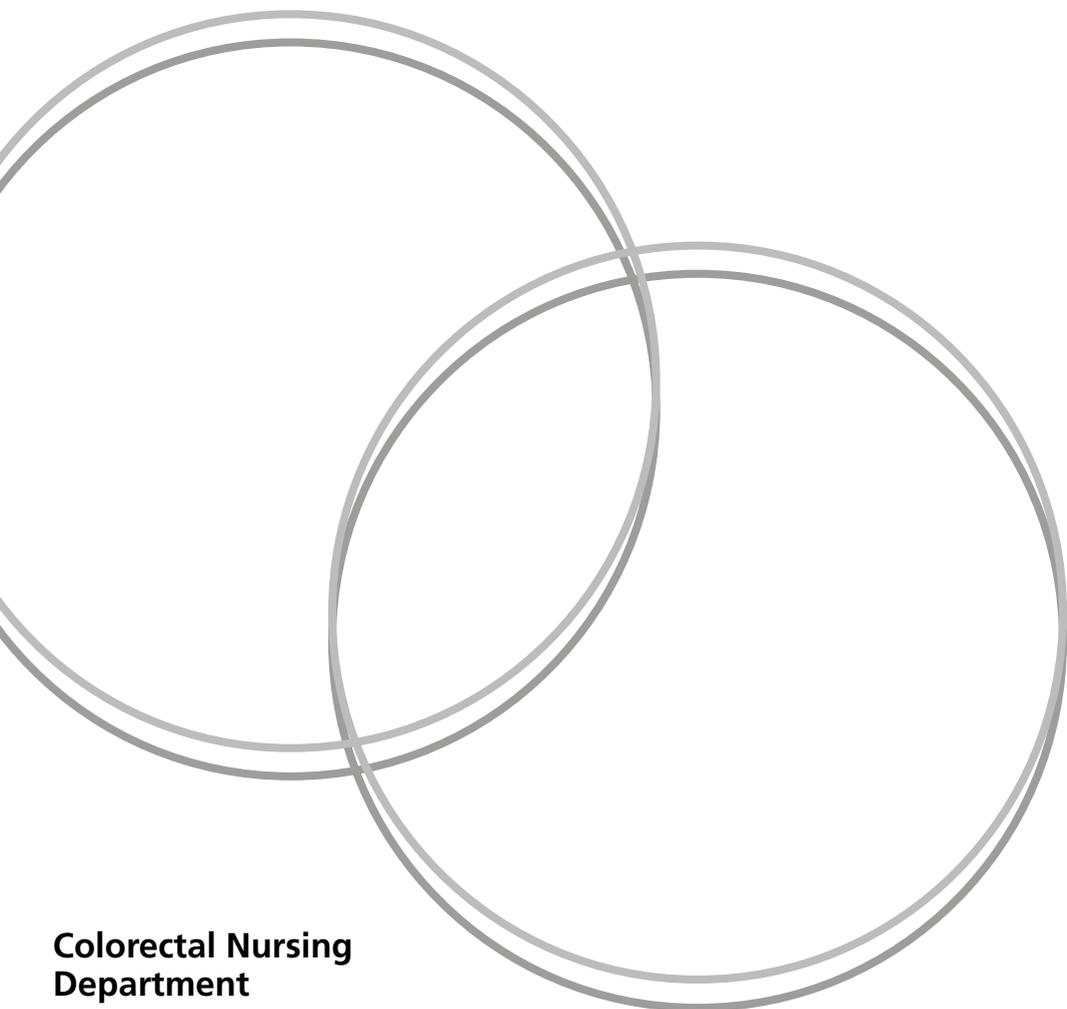




Oxford University Hospitals
NHS Foundation Trust

Foods that may affect how your ileostomy works

Information for patients



Colorectal Nursing
Department

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.

This group of food and drink are stimulants to the bowel.

- Baked beans
- Beer
- Caffeinated drinks
- Chocolate
- Leafy green vegetables
- Raw fruits and vegetables
- Spicy foods
- Wholemeal food
- Cereals
- Alcohol
- Citrus fruits and juice

This group of foods may decrease your output. Most of these are high in carbohydrate.

- Apple sauce
- Bananas
- Boiled rice
- Cheese
- Smooth peanut butter
- Tapioca
- White bread
- Potatoes
- Suet pudding
- Pasta

These types of foods and drinks may increase the amount of wind you produce.

- Beer
- Fizzy drinks
- Dried beans and peas
- Milk and milk products
- Onions
- Vegetables in the cabbage family (cabbage, broccoli, sprouts)

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.

- Mushrooms
- Sweetcorn
- Potato skins
- Nut
- Tomato skins
- Raw fruit skins
- Celery strings

How to contact us

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

John Radcliffe hospital

Tel: **01865 221 839**

Churchill Hospital

Tel: **01865 235367**

8.00am – 4.00 pm Monday to Friday excluding bank holidays

Email: colorectal.nursing@ouh.nhs.uk

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: OUH Stoma/Colorectal Nursing Team
November 2021
Review: November 2024
Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



Making a difference across our hospitals

charity@ouh.nhs.uk | 01865 743 444 | hospitalcharity.co.uk

OXFORD HOSPITALS CHARITY (REGISTERED CHARITY NUMBER 1175809)

