Diet and Fluid Guidelines for Ostomy Patients

Ostomy surgery may affect the way your body digests and absorbs food. What you eat and drink may need to change based on the type of surgery you had. Your doctor, nurse or dietitian will talk with you about your diet and fluid needs. This handout will give you information about your diet and fluid needs after your ostomy surgery.

Your Diet After Surgery: short-term

After your ostomy surgery, your doctor, nurse or dietitian will talk with you about any special diet you need to follow. They may tell you to eat a low-residue diet. A low-residue diet limits the amount of fiber and dairy products you eat. This diet slows down digestion and decreases your bowel movements to let your bowels heal.

You may be asked to follow these diet guidelines after your surgery:

• Eat small meals or snacks during the day.
• Drink 8 to 10 cups of non-caffeinated fluid during the day.
• Chew your food well to help with digestion.
• To decrease gas, it may help to do the following:
  ▶ Do not drink carbonated beverages.
  ▶ Do not use a straw when you drink.
  ▶ Do not smoke.
  ▶ Do not eat foods that cause gas.
Your Diet After Surgery: long-term

Once you have healed from your surgery, your doctor, nurse or dietitian will talk to you about any special diet you need to follow. Your diet and fluid needs may change based on your type of ostomy surgery.

The following are long-term diet and fluid guidelines for each type of ostomy.

Colostomy Diet

• Unless told otherwise, you can return to your normal diet.
• Drink 8 to 10 cups of non-caffeinated fluid during the day to stay hydrated.
• Some foods and drinks may cause gas. It may be helpful to use over-the-counter products, such as Beano, to reduce your gas.

Ileostomy Diet

• Eat small meals or snacks during the day.
• Drink 8 to 10 cups of non-caffeinated fluid during the day to stay hydrated.
• Chew your food well to help with digestion and decrease your risk of a blockage.
• It may help to eat certain foods, such as bananas, applesauce, and peanut butter, to help thicken stools and control diarrhea.
• Check the output from your stoma. **Call your doctor right away if there is more than 1200 mL in 24 hours.**
• It is important to talk with your doctor or pharmacist about any medicines you take. Your ileostomy may change your ability to absorb certain medicines.

Urostomy Diet

• Unless told otherwise, you can return to your normal diet.
• Drink 8 to 10 cups of non-caffeinated fluid during the day to stay hydrated.
• Some foods and medicines can change the color of urine

It is important to know how certain foods may affect the output from your ostomy. You may find it helpful to eat foods in smaller amounts, until you know how your body may respond. For more information, ask your nurse for the patient education handout, **Food Chart for Ostomy Patients.**