

Medications

Some medications or nutritional supplements may alter the colour, odour or consistency of your stool. If you have any questions about the medications you are taking and the effect it may have on your colostomy (especially when commencing a new medication), ask your doctor, pharmacist or your Stomal Therapy Nurse.

To obtain further information or help with any stoma questions, contact your

Stomal Therapy Nurse

Name:

Phone:

Hours:

**The information in this brochure has been developed as a general guide only. Any concerns need to be discussed with your Stomal Therapy Nurse or doctor.*

Eating and drinking for the person with a colostomy



ABN 16 072 891 322
Stoma / Wound / Continence

Prepared as a guide by the:
Australian Association of
Stomal Therapy Nurses Inc.
Education and Professional
Development Subcommittee

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Level IV Evidence (Expert Opinion)

www.stomalthrapy.com

GENERAL INFORMATION

- This dietary information has been compiled as a “**Guide only**”
- Because you now have a colostomy you should not have to change your eating habits significantly
- You may now be able to eat foods you were having trouble with prior to the surgery
- Each person is an individual and will react to each food type in their own way
- It is important that you have a well balanced diet

REDUCING gas / wind production

- Eat your food slowly, chew with the mouth closed and avoid gulping your food
- Eating too much food at one time adds to discomfort
- Eat regular meals, as skipping meals is more likely to increase gas production

Foods that may CAUSE gas / wind

Cucumber	Peas	Beans
Orange juice	Onions	Eggs
Cabbage	Yeast	Mushrooms
Baked beans	Broccoli	Brussel spouts
Corn	Garlic	Cauliflower
Fizzy / carbonated beverages including beer		
Low calorie sweets and lollies (with Sorbitol)		

It may also be a result of swallowing air. Chewing gum, chewing with your mouth open, drinking with a straw, smoking and snoring can all increase the amount of air you swallow

Foods that may PRODUCE odour

Cheese	Beans	Onions
Cabbage	Fish	Asparagus
Broccoli	Cauliflower	Eggs
Lentils	Garlic	Some spices

Foods that may REDUCE odour

Yoghurt	Cranberry juice	Yakult
Buttermilk	Fresh parsley	
Stewed or grated apple (no skin)		

Constipation (hard stomal output)

Constipation can occur for a variety of reasons. It is recommended that you try and identify the cause of the constipation – See *A guide to managing constipation*, available from www.stomaltherapy.com or contact your Stomal Therapy Nurse

If constipation should occur, try the following:

- Eat prunes, fresh fruit
- Aim to drink 2 litres (6 – 8 glasses) of fluid per day
- Take a gentle stool softener or fibre supplement
- If 2 – 3 days pass with no bowel action, check with your Stomal Therapy Nurse or doctor

Diarrhoea (runny or fluid stomal output)

Diarrhoea can occur for a variety of reasons. It is recommended that you try and identify the cause of the diarrhoea.

- If diarrhoea occurs, treat as you did before you had a colostomy
- Consult your doctor if it persists for more than 2 – 3 days
- If you usually use a closed pouch you may need to change to a drainable pouch to avoid frequent pouch changes that can affect your skin and the number of supplies available for later use. Speak with your Stomal Therapy Nurse

Foods to help THICKEN your stomal output

Pasta	Pumpkin	Dumplings
Custard	Tapioca	Pancakes
Pretzels	Rice	Bananas
Toast	Mashed potato	Apple sauce
Arrowroot	Marshmallow	Uncooked corn flour
Cheese	Jelly babies / beans	Smooth peanut butter
White bread (not fresh)	Fresh grated apple (no skin)	