



Most patients who have an ileostomy will eat a normal diet. Primary concerns about well being related to periods of abnormally high fluid loss from the stoma but in some cases certain foods may be judiciously avoided. Shortly after an ileostomy is created a low residue diet is favoured while swelling of the stoma settles. Smaller more frequent regular meals work best for most people. Eating large amounts of nuts and foods very high in fibre (lentils, peas, sweetcorn, coconut) is generally best avoided.

Fluid loss

When excessive replacement should not be with water or dilute fluids but rather with salt/sugar/bicarbonate solutions such as St Mark's Solution, Dioralyte or isotonic sports drinks until medical advice is sought.

Gas/ Odour Production

TRY
Parsley and yoghurt

AVOID
Irregular rushed meals
Chewing gum
Fizzy drinks including beers
Beans, brassicas, onions, cucumbers and radishes
Eggs and spices