

Kindly written by Alison Roberts, Salts Community Stoma Care Nurse

STOMA SOLUTIONS

Salts Healthcare supplies a comprehensive range of ostomy accessories designed to provide solutions to the day-to-day problems of leaks, sore skin, adhesion, odour, residue and skin protection. For more details, contact us on the FREEPHONE number below:

FREEPHONE 0800 626388 (UK) or **FREEPHONE 1-800 408508** (Ireland)
or log on to our website at **www.salts.co.uk**

Salts Healthcare Ltd.

Richard Street
Aston
Birmingham
B7 4AA
England

Tel: +44 (0) 121 333 2000
Fax: +44 (0) 121 333 2010
E-mail: salt@salts.co.uk

Salts Healthcare Ireland Ltd.

Unit 6, Block C
Centrepont Business Park
Oak Drive
Clondalkin
Dublin 12

Tel: (01) 460 0729
Fax: (01) 460 1726
E-mail: salt@salts.co.uk

SALTS
HEALTHCARE



© Registered trademarks of Salts Healthcare Ltd © Salts Healthcare Ltd 2008

RM763565 06/08/3K

02b

STOMA CARE

i

Eating well, living well

COLOSTOMY

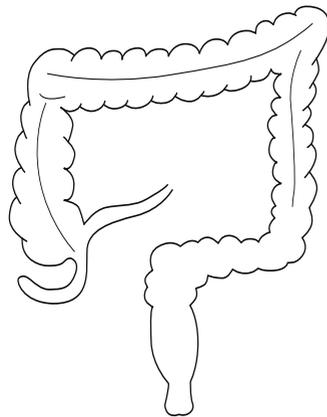
SALTS
HEALTHCARE

Excellence in stoma care

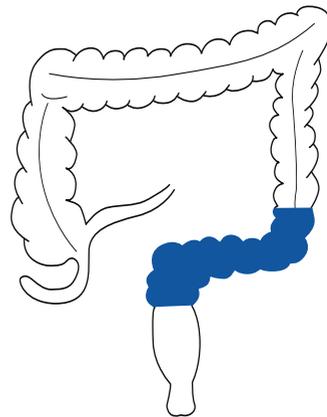
Guidelines on diet for people who have a colostomy

Everyone is individual, whether they have a stoma or not, so these hints and tips are only a guide and are intended to help you after having a colostomy.

Following your operation, your digestive system will be slightly shorter, but still functions in the same way. Part of the large bowel or colon has been removed or bypassed, but you should still be able to eat normal foods, unless a specific diet is necessary because of another medical condition.



The large bowel

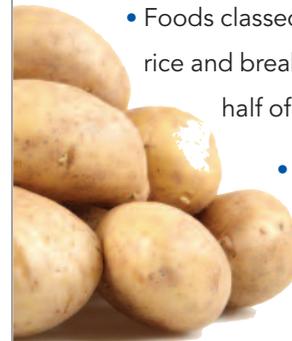


Part of the large bowel is removed
(amount removed varies)

If you have a transverse colostomy, the stool you pass may be slightly more liquid than if you have a sigmoid colostomy. This is because the main function of the large bowel is to absorb moisture, so the nearer to your bottom the stoma is, the more likely the stool will be soft and formed. However, we are all individuals and while some people who have a colostomy can eat anything and everything, others may find certain foods will disagree with them.

It is important to eat a variety of foods to help keep you healthy:

- Include fruit and vegetables daily.
- Have foods high in protein – e.g. meat, fish, eggs, cheese, milk or yoghurt.
- Foods classed as carbohydrates – e.g. bread, potatoes, pasta, rice and breakfast cereals – should make up at least half of your meal.
- Include milk and dairy foods two to three times per day as they are rich in calcium – choose lower-fat varieties as a healthier option.



GENERAL ADVICE

- 1 Some people find that smaller, regular meals suit them better and prefer not to eat late at night. Eat regularly (at least 3 times per day) as this helps to ensure your stoma functions efficiently and helps avoid wind.
- 2 Always chew food well and eat slowly – this helps digestion.
- 3 Vary your foods. Experiment and try everything in small amounts, gradually increasing the quantities. If something disagrees with you, avoid it for a couple of weeks and then try a small amount again.



- 4 Include high-fibre foods to reduce the risk of constipation. Fibre is found in fruit, vegetables, wholemeal bread, wheatgrain cereals, brown rice and wholemeal pasta.

5 Some people find that they are unable to tolerate foods that are rich in fat – e.g. cream, pastry, full cream milk, cheese and chocolate. Alternatives would be semi-skimmed or skimmed milk, lower-fat cheeses and low-fat spreads.

6 Drink plenty of fluids – approximately 2 litres each day. This can include tea and coffee, but water and squash are preferable.



Problems that you may encounter now that you have a colostomy

WIND

Foods that may increase wind – cabbage, beans/lentils/pulses, cauliflower, rich fatty foods, sprouts, spicy foods, onions, eggs, fizzy drinks/beer.

Non-food causes of wind – chewing gum, eating with mouth open, talking while eating, eating irregularly, smoking, drinking with a straw.



Tips

- Eat at regular intervals throughout the day and try to avoid long gaps between meals.
- Eat with your mouth closed and don't talk!
- Allow fizzy drinks to go flat.

- Don't use a straw for drinking.
- Try drinking peppermint drinks – e.g. cordial or tea.
- Eat live yoghurt – 1 carton per day. The natural kind seems more effective. If this is too sour, add a teaspoon of honey or jam, mix with jelly or freeze and eat as ice cream.



ODOUR

Causes – fish, eggs, baked beans, onions, cabbage, garlic, asparagus, green leafy vegetables.

Tips

- Eat live yoghurt
- Peppermint oil capsules (available from chemists and health food shops)
- Peppermint cordial, diluted to taste
- Buttermilk



LOOSE STOOLS

Causes – green vegetables, spicy foods, beer, raw fruit, prunes or prune juice, sorbitol (a low-calorie sweetener) and some medications.

Tips

- Eat a very ripe banana
- Live yoghurt
- Cheese
- Marshmallows or jelly babies
- Apple sauce
- Noodles



