

THREE DAY POST-OP OSTOMY NUTRITION GUIDE

DAY ONE

BREAKFAST

1 cup puffed rice cereal (0.5 grams fiber)
1 cup lactose-free cow's milk
1/2 ripe banana (1.5 grams fiber)

MORNING SNACK

6 ounces smooth fat-free vanilla Greek yogurt (with no nuts, granola, or fruit) (1.5 grams fiber)

LUNCH

1 cup chicken-rice soup
1/4 cup cooked carrots (2 grams fiber) added to soup
1/2 cup applesauce (1.5 grams fiber)
1/2 Turkey Sandwich
1 slice white bread (0.5 gram fiber)
2 ounces turkey
1 teaspoon mayonnaise

DINNER

1/2 cup mashed potatoes without skin (1.5 grams fiber)
1/2 cup green beans, cooked well (2 grams fiber)
4 ounces baked fish
1/8 cup bread crumbs (0.6 grams fiber) (to top fish)
Dash of lemon juice (for fish)
1 teaspoon margarine or butter (for fish)



DAY TWO

BREAKFAST

2 scrambled eggs
1/2 cup of Cream of Wheat (1.7 grams of fiber)
1.2 cup of applesauce (1.5 grams of fiber)

MORNING SNACK

1/2 cup of canned fruit cocktail (in juice) (1.3 grams of fiber)
1 cup lactose-free cow's milk

LUNCH

Tuna Salad Sandwich
3 Tbps Tuna Salad
2 slices of sourdough bread (1.3 grams of fiber)
1 cup of cream of chicken soup

DINNER

3 ounces of chicken breast
1 cup of white rice (0.6 grams of fiber)
1/4 cup of cooked carrots (2 grams of fiber)

DESSERT

1/2 cup of sorbet (1 gram of fiber)



DAY THREE

BREAKFAST

2 scrambled eggs
1/4 cup shredded low-fat cheddar cheese
1 English muffin (1 gram fiber)

MORNING SNACK

1/2 ripe banana (1.5 grams fiber)
2 tablespoons creamy peanut butter (1.9 grams fiber)

LUNCH

1 cup tomato soup made with water (1.5 grams fiber)
Hamburger
3 ounces lean hamburger meat
White hamburger bun without seeds (1 gram fiber)
1 tsp ketchup

DINNER

3 ounces lean protein (chicken, turkey, or lean roast beef)
10 steamed asparagus tips* (1 gram fiber)
Dash of lemon juice (for asparagus)
1/2 cup peeled, roasted potatoes (1 gram fiber)
1/2 cup peaches, canned in light syrup (1 gram fiber)



TIPS/TRICKS

- Your body needs at least 8-10, eight-ounce cups of fluid per day. Make sure to sip on beverages throughout the day (don't chug!)
- Consume smaller meals, more often.
- Chew like a chipmunk.
- Avoid the use of straws.
- Include lean, protein-rich foods with each meal and snack.
- Add new foods one at a time in small amounts and chew well.
- Slowly increase the amount of food you eat.

Brought to you by...



A low-fiber diet is necessary for about 6 weeks after ostomy surgery. Following a low-fiber diet should help rest your gut after surgery, allowing it to rest with easier-to-digest foods and produce less gas. Additionally, it can help with diarrhea, abdominal cramping, and bowel obstruction.

THREE DAY POST-OP OSTOMY CARE GUIDE

ILEOSTOMY

PREP

Pre-cut 1-2 wafers to help prepare for a pouch change or an emergency change.

MEASURE

Measure the stoma with measuring guide frequently. The stoma may change size or shape up to six weeks after surgery as the swelling goes down.

HYDRATE

Prevent dehydration by drinking an average of 8–10 glasses of fluid a day. Ileostomates are at high risk for dehydration. Pay attention to the number of times you are urinating and aim for pale yellow urine several times a day.

COLOSTOMY

PREP

Pre-cut 1-2 wafers to help prepare for a pouch change or an emergency change.

MEASURE

Measure the stoma with measuring guide frequently. The stoma may change size or shape up to six weeks after surgery as the swelling goes down.

HYDRATE

Prevent dehydration by drinking an average of 8–10 glasses of fluid a day. Pay attention to the number of times you are urinating and aim for pale yellow urine several times a day.

UROSTOMY

PREP

Pre-cut 1-2 wafers to help prepare for a pouch change or an emergency change.

MEASURE

Measure the stoma with measuring guide frequently. The stoma may change size or shape up to six weeks after surgery as the swelling goes down.

HYDRATE

Prevent dehydration, UTIs, and urinary crystals (which may cause irritation to the stoma) by drinking an average of 8–10 glasses of fluid a day. Limit alcohol and caffeine which can lead to increased urination and can contribute to dehydration. Aim for pale yellow urine several times a day.

If dehydrated, proper rehydration beverages such as Pedialyte, Inflat, Hydralyte, and DripDrop can be purchased at your local grocery store and don't need a prescription. You can also make your own oral rehydration solution (ORS) at home with just 3 ingredients. A simple ORS recipe is: 3/4 teaspoon of salt, 6 level teaspoons of sugar, and 4 cups of clean (or boiled then cooled) drinking water. Mix three ingredients and sip ORS slowly throughout the day.

AVOID

Avoid the following foods until 4-6 weeks after surgery to help reduce your risk of a blockage: cabbage, Chinese veggies, corn, coleslaw, celery, coconut, dried fruit, fresh pineapple, grapes and cherries, mushrooms, whole nuts and seeds, lentils and kidney beans, pith from citrus, popcorn, salad greens, skin of fresh fruits, brown and wild rice, and whole grain breads. **CHEW YOUR FOOD WELL!**

BLOCKAGE

Signs of a blockage include, abdominal cramps and pain, abdominal distention, watery stools with bad odor, stool released in spurts, absence of stool output, pressure at the stoma but little or no output of stool. **Contact your doctor immediately if you feel you have a stoma blockage.**

PREVENT

Most colostomy patients don't have to worry about blockage. However, it can be helpful to be aware that some foods can assist in prevention of constipation. Some of those include cooked fruits and veggies, fruit juices (like apple and grape), warm beverages, and warm soups.

IRRIGATE

After a certain period of time, colostomates may consider ostomy irrigation to help them manage output. Speak with your doctor or ostomy nurse to discuss if this is an option for you.

COLOR & ODOR

The following foods may change the color of your urostomy output. Asparagus, beets, food coloring, iron pills, licorice, red Jell-o, and tomato sauce. Also, asparagus, beer, broccoli, fish, and garlic may cause odor in your urostomy output.

CONSIDER A NIGHT BAG

Urine continues to flow throughout the night. Some patients find wearing a drainage bag allows them to get a longer stretch of sleep at night.

This is not an all-inclusive list of everything you need to know about your ostomy and nutrition rather, a launching pad to get you thinking about your nutrition and ostomy care. If you are interested in learning more, please contact Danielle at danielle@eatwellcrohnscolitis.com and/or Kerri at myostomyrn@gmail.com