

# Diet and Fluid Guidelines for Ostomy Patients

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## 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 health care provider, 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 health care provider, 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 for about 6 weeks 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.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**

## Your Diet After Surgery: long-term

Once you have healed from your surgery, your health care provider, nurse, or dietitian will talk to you about any special diet you need to follow. Often your diet and fluid intake may feel back to normal about 6 weeks after your surgery. Your diet and fluid needs will be 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.
- Foods that are spicy, fried, greasy, acidic, or high in sugar can cause you to have an increase in stools.
- Check the output from your stoma. **Call your health care provider right away if there is more than 1200 mL in 24 hours.**
- Your stool will become thick like pudding over time.
- It is important to talk with your health care provider 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](#).