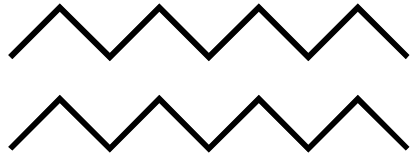


# Diet in Ostomists

Sophie Turigel







# Agenda

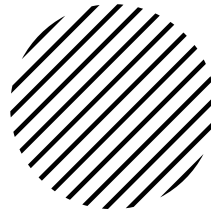
Colostomy dietary advice

Ileostomy dietary advice

Added dietary considerations

Other conditions

Signposting





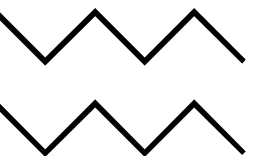
# Colostomy dietary advice

- Post-surgery dietary considerations
- People are often advised to choose a low residue/low fibre diet
- Often thought of as quite a beige diet but you can include soups and smoothies

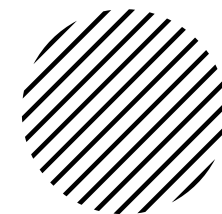


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# Over the months and years



- The colon continues to absorb water and digest fibre so most people manage to reintroduce fibrous foods, with the support of their stoma nurses and dietitians
- 5 a Day message applies





# Ileostomy dietary advice

The colon has been taken out of the food digestion process, so the bowel has a reduced capacity to digest fibre

Likely to have a restrictive diet longer term, but this varies from person to person

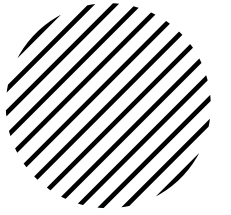
Gut microbiome – Ileostomy develops a new gut microbiome







# Extra considerations



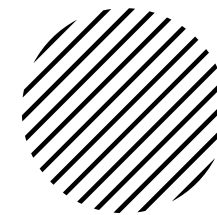
- Need to prevent stoma blockages
- Fluid difficulties – more information in later presentations
- Magnesium losses
- Vitamin B12 losses
- Fibre tolerance can be variable
- Affected by the weather







# Sources of Magnesium



**Fatty fish**



**Tofu**



**Almond flour**



**Dark chocolate**





# Sources of Vitamin B12



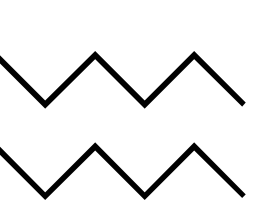
**Red meat**



**Green smoothies**







## Longer term considerations – Heart issues and Diabetes



These conditions often recommend increasing your fibre intake. This can help with weight loss, satiety after meals, prevention of snacking on unnecessary foods and gut microbiome influences. This can be done without eating 30 plant points per day!





# Safe foods for all conditions



**Peeled salad vegetables -  
just like royalty!**



- Almond flour cakes & biscuits – in moderation!



**White sourdough bread –  
without yeast**



**Chicken thighs and  
legs**





# Safe foods for all conditions – cont.



## Basmati white rice

- Sweet potatoes



## Soups



## Spinach smoothie



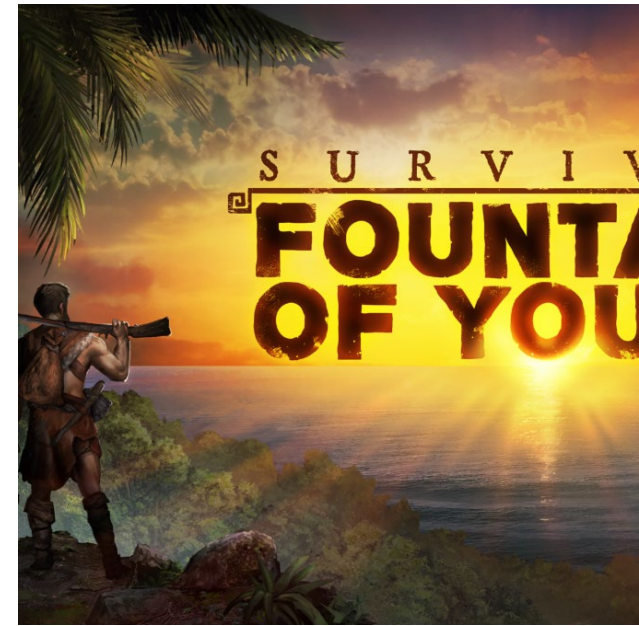


# Gut microbiome research

It's a very new area but has already hit the supermarket shelves!

Pre-biotics, pro-biotics and post biotics

Lots of research starting in the small bowel now too







# Points to remember



## Post op

- Need to look after surgical joints and wounds
- High protein, low fibre diet
- Start reintroducing foods after around 6 weeks if no complications and surgeons are happy

## Healthy Eating long term

- Variety of food is important to help gut health and avoiding too much of any food
- When starting a new food, try a small amount and check for symptoms

## Multiple health conditions

- Ask GP/ surgeon/ nurse for a referral to a Dietitian for support
- More and more safe foods will appear on the market, that will help prevent or manage multiple health conditions

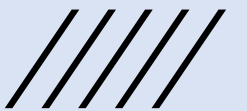




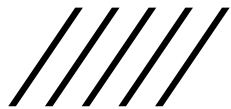
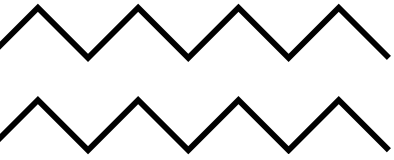


# Further Information

- Ileostomy Association
- Diabetes UK
- Heart UK
- British Dietetic Association







# THANK YOU

Any questions?