



Stomal Therapy Solutions

Colostomy: Diet and fluids

Post operatively:

- Please follow the advice of your surgeon in the immediate post operative period while you are in hospital.

On discharge home:

- Unless otherwise specified by your surgeon, normal diet and fluids.
- Smaller, more frequent meals while your body recovers, and appetite returns to normal.
- High protein, high energy foods can aid healing.
- Chew your food well.
- Softer or easier to digest foods may be better tolerated, allowing your GI system to recover.
- Ensure you have adequate fluid intake, particularly water.
- Slowly introduce new foods back into your diet.
- Each person is different, and foods will affect everyone differently.

Diet tips:

- There is no reason to restrict certain foods however, it is important to note that certain foods/food groups can affect the output, odour and amount of gas/wind from your stoma.
- Tips to reduce gas/wind: eat your food slowly, chew with your mouth closed, eat regular meals and drink fluids without a straw.
- Foods that may produce more gas/wind: Cabbage, onion, garlic, broccoli, cauliflower, beans, brussels sprouts, mushrooms, eggs, yeast, fizzy/carbonated drinks, chewing gum.
- Foods that may produce odour: Cabbage, onion, garlic, broccoli, cauliflower, beans, asparagus, lentils, fish, eggs, some spices, beer.

If you have any ongoing or new concerns, please contact to book a further review.

Stomal Therapy Solutions

0493 972 455

admin@stomaltherapysolutions.com.au

www.stomaltherapysolutions.com.au



Stomal Therapy Solutions

- Foods that may reduce odour: yoghurt, buttermilk, Yakult, cranberry juice, stewed or peeled and grated apples.
- Foods to help relieve constipation/soften output: prunes or prune juice, fresh fruit, pear juice, liquorice, increase fluid intake
- Colostomates are still susceptible to diarrhoeal illnesses, if this occurs treat as you did prior to surgery. If you use a closed appliance you may need to change to a drainable to minimise frequent changes and ensure you do not exhaust your supplies. Contact your STN if you do not have a drainable appliance. Consult your GP if symptoms persist.
- Food that may help thicken output: white rice and pasta, noodles, white bread, toast, smooth peanut butter, pretzel crisps, custard, cheese, mashed potato, pumpkin, bananas, marshmallows, jelly babies, pancakes, fresh grated apple or apple puree/sauce.
- Foods that may cause a blockage: nuts, seeds, coconut, popcorn, dried fruits, corn, peas, mushrooms, bean shoots, coleslaw/raw cabbage, pineapple, citrus fruits, figs, potato skins, hard skins/peels, tomatoes with skin on.
- If you suspect a blockage stop eating solid food, continue fluid intake. Massage your abdomen in a clockwise motion, have a warm bath, rest a heat pack wrapped in a towel on your abdomen, take simple analgesia if required. If pain persists or no stomal output consult your surgeon, GP or emergency department.

Fluid intake

- Drink at least 1.5-2 litres of water per day.
- Discuss with your surgeon, doctor, STN or dietitian if you have a medical condition that limits the amount of fluid you are allowed to drink.

DISCLAIMER: This advice is to be used as a general guide only. If you require specific dietary advice, please discuss with your STN, doctor or dietitian.

If you have any ongoing or new concerns, please contact to book a further review.

Stomal Therapy Solutions

0493 972 455

admin@stomaltherapysolutions.com.au

www.stomaltherapysolutions.com.au