

Post – stoma

This document is part of the [ACI Diet Specifications for Adult inpatients](#). It is not to be used for patient education.

Aim

To provide a diet that minimises constipation, wind or diarrhoea associated with large bowel bypass stomas. This diet may not be required for patients with an established stoma.

Characteristics

Limits foods that might lead to constipation, obstruction, wind or diarrhoea. Bananas, pasta, potatoes, rice, cheese and smooth peanut butter can help thicken stools.

Where appropriate, clinicians may consider ordering this diet for patients with:

- Ileostomy.

Nutritional adequacy

Nutritionally adequate.

Precautions

To compensate for loss of salt and liquid, extra salt and frequent drinking should be encouraged. Some patients may tolerate some foods in the list of those not allowed, and in general the diet should be as liberal as possible.

Paediatrics

Suitable for use in paediatrics when combined with an age-appropriate diet.

Specific menu planning guidelines

	Allowed	Not allowed
Hot main dishes	All others, including eggs and tofu Small amounts of onions and garlic may be included as flavouring in mixed dishes	Sausages with gristle or skin Legumes, Falafel Highly spiced dishes (e.g. curry)
Sauces, gravies	All	
Starchy vegetables / pasta / rice	All starchy vegetable dishes prepared with allowed ingredients Plain pasta or rice Couscous, noodles, polenta, semolina, quinoa Fried rice made with allowed ingredients	All others
Vegetables	All others, including onion and garlic	Asparagus, legumes, cabbage, corn, peas, broccoli, brussels sprouts, cauliflower, celery
Soups	All soups made with allowed ingredients or soups that have been pureed	Minestrone Lentil, broccoli Spiced soups
Sandwiches	Sandwiches made with allowed ingredients	All others including sandwiches made with baked beans or curry
Salads, dressings	Salads using allowed ingredients	All others
Breads, cereals	All other cereals All other breads, including wholemeal	Bran-based breakfast cereals and those with added dried fruit, nuts and seeds Wholegrain bread and bread with added dried fruit, nuts or seeds
Spreads	All, including hummus and tahini	
Hot breakfast choices	All others (e.g. canned spaghetti, stewed tomatoes, savoury mince) Eggs	Baked beans, sausages with gristle or skin
Fruit	All other ripe fresh and canned fruits	Grapes, prunes, pineapple Apple skins Dried fruits Citrus fruits Fruits with small hard seeds e.g. passionfruit, berries (unless pureed)
Yoghurt	Yoghurts containing allowed ingredients	All others
Desserts	All desserts made using allowed ingredients	All others
Milk and cheese	All others	Cheese with dried fruit or nuts
Beverages	All others	Carbonated beverages
Biscuits	All others	Biscuits with dried fruit, nuts, seeds and coconut
Miscellaneous	Salt, pepper, sugar, sweetener Cream Chocolate (without dried fruit or nuts), lollies	Nuts, seeds, coconut Spices including curry powder/paste and chilli Sweet chilli sauce Popcorn Chutney and pickles

References

1. Australian Council of Stoma Associations. A beginning ... not an end: life after ostomy surgery. 4th ed. 2010. Available at: <http://www.australianstoma.com.au/index.php/general/forms-and-publications/a-beginning-not-an-end>. [accessed 3 November 2016]
2. Dietitians Association of Australia. *Nutrition manual*. 9th ed. Canberra: DAA; 2014.
3. Mahon LK, Escott-Stump S. *Krause's food and nutrition therapy*. 13th ed. St Louis: Saunders Elsevier; 2011.
4. Burch, Jennie. Providing information and advice on diet to stoma patients. *British Journal of Community Nursing*. 2011; 16:10:479 - 484
5. Dietitians of Canada. Gastrointestinal System - Ostomy: Evidence Summary. In: Practice-based Evidence in Nutrition [PEN]. 28 Aug 2013 [accessed 10 February 2017]. Available from www.pennutrition.com

DATE: 6 March 2017