



**OSTOMY CARETAKER**  
NUTRITIONAL BOOKLET

# Nutritional requirements



Billions of chemical reactions take place in our body every day allowing, among many other things, the organs to function properly, cells renewal and production of different substances.

In order to do so, we need building blocks as carbohydrates, fatty acids, proteins, vitamins and minerals. We also have to produce energy with the macronutrients which are carbohydrates, fatty acids and proteins.

If our daily intake does not provide us enough energy and building blocks, we will use our own reserves, leading to weight loss, delayed healing and increased susceptibility to infection.

## ENERGY REQUIREMENTS

for adults are on average between 25 to 30 kCal/kg/d

to be adapted according to stress situations as surgery, infectious syndrome, acute pathologies...

AS PROTEINS are largely used as building blocks, the recommended daily amount is between 1.2 to 1.5 g/kg/d. Quantities must be adapted if there is a renal failure.

VITAMINS AND MINERALS are also essential to proper cellular function, even if they do not provide energy. It is necessary to meet the required minimum intakes.

CARBOHYDRATES are our key energy sources for energy production  
They are brought into the food by starches.

# Dietary intake



Our diet is designed to meet our needs in terms of energy and building blocks by using different components, starches, meat, vegetables, dairy products, fruit, etc.

However, energy production requires a particular dietary intake throughout the day since there are only two processes for energy production. The main process which is the most efficient and the alternative process.

## MAIN PROCESS

Uses fatty acids and carbohydrates through glycolysis reactions and the Krebs cycle. In order to activate this process we need to bring glucose to our body as our available reserves are very limited.

Complex carbohydrates or starches meet this requirements bringing regular and linear level of glucose in our blood stream when digested for an average period of 3 to 5 hours.

## ALTERNATIVE PROCESS

Is activated if the glucose supply in the daily diet is too low or absent. This process mainly uses proteins which increases risk of malnutrition as they are already used as building blocks.

It is therefore necessary to have a regular intake of complex carbohydrates (starches), every day at each meal.

### EACH MEAL SHOULD CONTAIN, ON AVERAGE:



(cf. leaflets)

Food composition tables will help to shape daily menus

# Digestive tract irritation



Some ingredients may **irritate the digestive tract** either by direct effect with an **influx of inflammatory cells** into the intestine mucosa or indirect with **excessive gas production** due to bacteria causing abdominal distension.

An irritated digestive tract may reduce peristalsis leading to sub-occlusive syndrome, may increase water and electrolyte secretion causing high output and dehydration and may cause acute pain attacks. The autonomic nervous system of the intestine will exacerbate these phenomena.

As specified in the different leaflets, irritating ingredients should be avoided for the first 2 to 3 months. Then depending on the type of stoma they can be gradually reintroduced according to the tolerance of each person.



## The main irritants are:

- Tea
- Dairy products
- Raw fruits and vegetables
- Carbonated drinks

## Other potentially irritating ingredients are:

- Whole foods, spicy foods
- Dried herbs (thyme, rosemary)
- Mint, liquorice, anise, cacao
- Walnuts, pistachios, hazelnuts almonds and peanuts

# Following surgery

1

3 weeks following surgery

For 3 weeks following a procedure on the digestive tube or the urinary system, it is necessary to eat a specific diet in order to help tissue healing.

Certain categories of foods or drinks are prohibited during this entire period.

## IRRITATING FOODS AND DRINKS

- Milk and dairy products (yoghurt, cottage cheese)



- Raw fruits and vegetables

- Tea and herbal teas



- Sparkling water and sodas

**ADVICE:** Make sure that the patient strictly avoids all irritants

# Step by step diet



## Step 1

The first few days after the procedure: mild coffee, lemon water, water with syrup.

## Step 2

Mild coffee, lemon water, water with syrup, fruit puree.



## Step 3

1/2 portion of blended food (starches and proteins) with no irritating foods or vegetables.

## Step 4

Increase quantities and textures progressively.



## Step 5

Balanced diet, refer to the corresponding sheet.

### ADDITIONAL RECOMMENDATIONS

Monitor weight once a week.

Monitor transit until fully recovered.

# Jejunostomy

2

The digestive tube is the organ that absorbs food, vitamins, minerals and water. Due to the stoma being located at the beginning of the intestine, absorption is very reduced. The consequences are high output and risk of malnutrition.

The only foods that keep an optimal capacity to be absorbed are starches.

They are also our key energy source.

Moreover certain categories of foods or drinks irritate the small intestine increasing the volume of the output.

4 weeks  
after surgery

## ALLOWED FOOD

### Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina



**ADVICE:** Make sure patients eat them first

### Proteins

- Fish
- Meat
- Eggs
- Ham



### Cooked vegetables

- Are not necessary but not prohibited



**ADVICE:** No nutritional benefit because of the proximal stoma

### Sauces

- May brighten up your meals



**ADVICE:** In order to optimise dietary intake, use sauces and light spices to make food more appetizing

## FOOD TO AVOID

### Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Pulses (chickpeas, lentils, peas, beans)



**ADVICE:** Like irritants, they are prohibited if there is high output

### Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas



**ADVICE:** If the stoma flow is too high advise the patient to strictly avoid all irritants

### Some sauces

- Avoid spicy or cream based sauces



# Overview of a balanced diet

**ADVICE:** Insist on the consumption of starches

## BREAKFAST

Drink + bread with +/- butter +/- jam or honey



## LUNCH

Starches (minimum half a plate) + protein + cheese or fruit puree



## DINNER

Starches (minimum half a plate) + protein + cheese or fruit puree



**+/- SNACK** morning and/or afternoon

Bread with... (butter, jam, chocolate or cheese)



## Additional recommendations

- Monitor weight once a week, until it is stable
- Measure the stoma flow every day, until diet becomes regular
- Start a parenteral nutrition and hydration with vitamins and minerals supplementation
- Make sure that patients drink enough water and add salt supplementation (check with the doctor)
- Remind the patient to have a monthly injection of vitamin B12

# Ileostomy

3

The digestive tube is the organ that absorbs food, vitamins, minerals and water. Due to the stoma being located at the second part of the small intestine, absorption is reduced with risk of deficiencies.

The only foods that keep an optimal capacity to be absorbed are starches.

They are also our key energy source.

Moreover certain categories of foods or drinks irritate the small intestine modifying the consistency of the output.

4 weeks  
after surgery

## ALLOWED FOOD

### Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina



**ADVICE:** Make sure patients eat them first

### Proteins

- Fish
- Meat
- Eggs
- Ham



### Vegetables

- Are not necessary but not prohibited

**ADVICE:** Low-fiber vegetables are preferred

### Sauces

- May brighten up your meals



**ADVICE:** In order to optimise dietary intake, use sauces and light spices to make food more appetizing

## FOOD TO AVOID

### Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



**ADVICE:** Like irritants, they are prohibited if there is high output

### Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas



**ADVICE:** If the stoma flow is too high advise the patient to strictly avoid all irritants

### Some sauces

- Avoid spicy or cream based sauces.



# Overview of a balanced diet

**ADVICE:** Insist on the consumption of starches

## BREAKFAST

Drink + bread with +/- butter +/- jam or honey



## LUNCH

Starches (minimum half a plate) + protein + cheese or fruit or fruit puree



## DINNER

Starches (minimum half a plate) + vegetables + cheese or fruit or fruit puree



**+/- SNACK** morning and/or afternoon

Bread with... (butter, jam, chocolate or cheese)



## Additional recommendations

- Monitor weight once a week, until it is stable
- Measure the stoma flow every day, until diet becomes regular
- Prescribing an anti-diarrheic may be necessary in order to regulate flow (check with the doctor)
- A parenteral nutrition and hydration with vitamins and minerals supplementation may be necessary (check with the doctor)
- Remind the patient to have a monthly injection of vitamin B12

The digestive tube is the organ that absorbs food, vitamins, minerals and water. Due to the stoma being located in the colon, most of them are absorbed.

The only foods that keep an optimal capacity to be absorbed are starches.

They are also our key energy source.

However certain categories of foods or drinks irritate the digestive tract modifying the consistency of the output and may cause bloating.

4 weeks  
after surgery

## ALLOWED FOOD

### Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina



ADVICE: Make sure patients eat them first

### Proteins

- Fish
- Meat
- Eggs
- Ham



### Vegetables

- Low-fiber vegetables are preferred

ADVICE: Recommend to avoid high-fiber vegetables as leeks, cabbage... They provide some vitamins and minerals, but may cause bloating. Adapt the quantity of vegetables to the consistency of the stool

### Sauces

- May brighten up your meals



ADVICE: In order to optimise dietary intake, use sauces and light spices to make food more appetizing

## FOOD TO AVOID

### Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



ADVICE: Same advice as for irritating foods

### Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas



ADVICE: If the stoma flow is too soft advise the patient to strictly avoid all irritants

### Some sauces

- Avoid spicy or cream based sauces



# Overview of a balanced diet

**ADVICE:** Insist on the consumption of starches

## BREAKFAST

Drink + bread with +/- butter +/- jam or honey



## LUNCH

Starches (minimum half a plate) + protein + cheese or fruit



## DINNER

Starches (minimum half a plate) + vegetables + cheese or fruit



**+/- SNACK** morning and/or afternoon

Bread with... (butter, jam, chocolate or cheese)



## Additional recommendations

- Advise the patient to stay well hydrated, unless there is a medical contraindication (check with the doctor)
- Ask the patient to inform you when the consistency of their stools changes (too hard or too soft)

Foods provide us with energy and building blocks after surgery to better recover. However some foods or drinks may irritate the digestive tube causing bloating that can press the urinary system.

The only foods that keep an optimal capacity to be absorbed are starches.

They are also our key energy source.

4 weeks after surgery

## ALLOWED FOOD

### Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina



ADVICE: Make sure patients eat them first

### Proteins

- Fish
- Meat
- Eggs
- Ham



### Vegetables

- Low-fiber vegetables are preferred



ADVICE: Recommend to avoid high-fiber vegetables as leeks, cabbage... They provide some vitamins and minerals, but may cause bloating

### Sauces

- May brighten up your meals



ADVICE: In order to optimise dietary intake, use sauces and light spices to make food more appetizing

## FOOD TO AVOID

### Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



ADVICE: Same advice as for irritating foods

### Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas



ADVICE: If the patient has too much bloating advise him to strictly avoid all irritants

### Some sauces

- Avoid spicy or cream based sauces.



# Overview of a balanced diet

**ADVICE:** Insist on the consumption of starches

## BREAKFAST

Drink + bread with +/- butter +/- jam or honey



## LUNCH

Starches (minimum half a plate) + protein + cheese or fruit



## DINNER

Starches (minimum half a plate) + vegetables + cheese or fruit



**+/- SNACK** morning and/or afternoon

Bread with... (butter, jam, chocolate or cheese)



## Additional recommendations

- Advise the patient to stay well hydrated, unless there is a medical contraindication (check with the doctor)

# After reconnection

The digestive tube is the organ that absorbs food, vitamins, minerals and water. Following reconnection it is possible that absorption may be reduced.

The only foods that keep an optimal capacity to be absorbed are starches.

They are also our key energy source.

Moreover certain categories of foods or drinks irritate the digestive tract and may cause bloating or diarrhea.

4 weeks  
after surgery

## ALLOWED FOOD

### Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina



**ADVICE:** Make sure patients eat them first

### Proteins

- Fish
- Meat
- Eggs
- Ham



### Vegetables

- Low-fiber vegetables are preferred

**ADVICE:** Recommend to avoid high-fiber vegetables as leeks, cabbage... They provide some vitamins and minerals, but may cause bloating. Adapt the quantity of vegetables to the consistency of the stool

### Sauces

- May brighten up your meals



**ADVICE:** In order to optimise dietary intake, use sauces and light spices to make food more appetizing

## FOOD TO AVOID

### Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



**ADVICE:** Same advice as for irritating foods

### Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas



**ADVICE:** If the patient has too much bloating or diarrhea advise him to strictly avoid all irritants

### Some sauces

- Avoid spicy or cream based sauces.



# Overview of a balanced diet

**ADVICE:** Insist on the consumption of starches

## BREAKFAST

Drink + bread with +/- butter +/- jam or honey



## LUNCH

Starches (minimum half a plate) + protein + cheese or fruit



## DINNER

Starches (minimum half a plate) + vegetables + cheese or fruit



**+/- SNACK** morning and/or afternoon

Bread with... (butter, jam, chocolate or cheese)



## Additional recommendations

- Monitor weight once a week, until it is stable
- Advise the patient to stay well hydrated, unless there is a medical contraindication (check with the doctor)
- Ask the patient to inform you when the consistency of their stools changes (too hard or too liquid)
- Parenteral nutrition and hydration with minerals and vitamins may be necessary (check with the doctor)
- Prescribing an anti-diarrheic may be necessary in order to regulate the stool flow (check with the doctor)
- The patient may need a monthly injection of vitamin B12 (check with the doctor)

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