

Food and Drink Advice for Stoma Patients

- In order to prevent intestinal obstruction, patient with stoma should spend more time in chewing food, this is especially important in patient with ileostomy
- In order to prevent gas forming and optimize the operation of the stoma, take regular meals and snack between meal time
- Drink more water to prevent dehydration especially when the stoma patient passes watery stool or diarrhea
- Patient with stoma should take adequate fibre to prevent constipation

Do not take in food that may cause intestinal obstruction

- e.g. coconut, corn, bell pepper, onion, cabbage, kail, broccoli, mushroom, barley, dried fruit and nuts; do take in vegetables that is cooked soft

Food that may cause odour

- e.g. onion, egg, cabbage, fish, cheese, garlic, asparagus, broccoli, wine, beer, carbonated drink, beans, dried sausages, nuts and Vit B Co



Gas forming food

- e.g. beer, carbonated drink, milk and dairy products, onion, cabbage, beans, potatoes, sweet potatoes, bell pepper and green peas

Food that can reduce odour

- e.g. yogurt, tomato, catsup, orange and orange juice

Food that can help to control diarrhea

- e.g. banana, rice, bread, cheese, peanut butter, apple paste and tea

Food that can help to prevent constipation

- e.g. chocolate, green leaves vegetables, caffeinated drink, cereals and food rich in fibre



Should you have any queries, please contact the ward nurse

Information provided by the Department of Obstetrics and Gynaecology, Queen Mary Hospital

Reference


1. Hampton B., Bryant R. (1992). Ostomies and Continent Diversions. Mosby, London
2. Ostomy nutrition guide, patient education materials, UPMC, 9/2013



瑪麗醫院
Queen Mary Hospital

造口病人飲食須知 Food and Drink Advice for Stoma Patients



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造口病人飲食須知

- 造口病人須要少食多餐, 把食物細嚼以防止腸塞, 迴腸造口病人更須留意
- 定時及少食多餐能令造口有最好的運作及減少造口產生多氣現象
- 迴腸造口病人或有肚瀉及水狀大便時, 應多飲足夠水份以防止脫水
- 大腸造口病人須要吃足夠纖維食物, 以防便秘

避免進食引致腸塞的食物

- 如椰子、栗子、青椒、洋蔥、椰菜、芥菜、西蘭花、冬菇、薏米、乾果、宜吃煮軟和切碎的蔬菜如瓜類。



引致氣味的食物

- 如洋蔥、蛋、椰菜、魚、芝士、蒜、露筍、西蘭花、酒、啤酒、有氣飲料、豆類和臘腸。

引致多氣的食物有

- 如啤酒、有氣飲料、奶及奶類食品、洋蔥、椰菜、豆類、薯仔、蕃薯、椒類及青荳。

可以減低氣味的食物

- 如乳酪、蕃茄、茄汁、橙及橙汁



吃以下食物來控制肚瀉

- 如香蕉、飯、麵包、芝士食品、花生醬及茶。

吃以下食物來增加腸臟的蠕動(防止便秘)

- 如巧克力、綠葉蔬菜、咖啡因飲料、穀類及纖維食品。



如有任何查詢, 請聯絡病房護士
以上資料由瑪麗醫院婦產科提供。

參考資料:

1. Hampton B., Bryant R. (1992). Ostomies and Continent Diversions. Mosby, London
2. Ostomy nutrition guide, patient education materials, UPMC, 9/2013