

Nutrition and Hydration with a New Ileostomy

When you have an ileostomy it is important to eat enough to stay healthy after surgery. If you have questions about what to eat, you can ask to speak with a dietitian. You can lose fluid and minerals (especially salt) with an ileostomy, so it is important to drink enough fluids and not limit salt in your diet, which may be a change for you. Dehydration can lead to serious kidney injury and the need to be readmitted to the hospital.

Here are some tips to help you eat healthy after your ileostomy surgery:

- ***ALWAYS*** chew your foods well.
- Eat foods you would normally eat.
 - **Avoid** mushrooms, nuts, corn, coconut, celery, and dried fruits only for the **first two weeks** after surgery, then slowly re-introduce in moderation.
- Eat 4-6 smaller meals and snacks throughout the day.
- Eat some protein with each meal or snack. Foods that have protein are eggs, meats (chicken, turkey, fish/shellfish, beef, pork, and lamb), dairy products (milk, cheese, yogurt), nut butters, and beans.
- **Do not limit salt in your diet** – salt is lost in ostomy fluid so it is important to eat some salty foods every day such as pretzels, broth, soups, cheeses, etc. Feel free to add salt to your food also.
- **Important:** To protect your kidneys, you will need to drink at least **80 ounces (10 cups) of fluid each day**. Try to drink half of your fluid (40 ounces) as G2 Gatorade and the rest as water, broths, and unsweetened tea.
 - Please measure and record your urine and ileostomy output for 2 weeks after leaving the hospital and bring to your first post-op surgery appointment.
 - It is important that you make at least **1200mL of urine each day** to protect your kidneys.
 - If your urine output drops below 1000mL for 2 days, please call your surgery team.
 - **If your ileostomy output stays over 1200mL per day**, avoid regular sodas, fruit juices, fruit drinks, and supplements such as Boost or Ensure Plus.