

Patient Information Leaflet



Healthy eating for people with internal pouches

Healthy eating for people with internal pouches

This booklet includes:

- Information about the re-introduction of food for those with a new pouch
- Guidelines to help you choose a healthy diet
- Guidance about diet in relation to developing acceptable pouch function

The booklet is based on reported experiences of some members of the Red Lion Group together with information from other studies. The research was undertaken and completed in 1977 by Julie Lanigan and Heidi Tang as a joint project for Surrey University and Northwick Park & St Mark's Hospital NHS Trust and was facilitated by Morgan Pearson and Julia Williams.

It was reviewed and updated in 2009 by Zarah Perry-Woodford RGN at Northwick Park & St Mark's NHS Trust

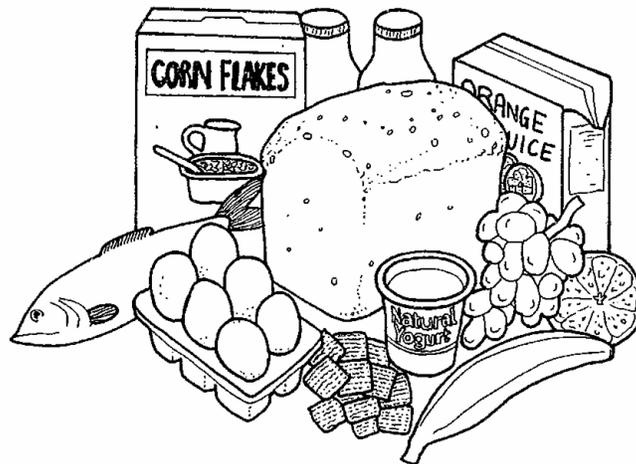
While the experience of others may serve as a guide, remember that as an individual you may respond differently to food both before and after surgery and therefore you should base food choices on your own personal choice.

The new patient

After surgery, it is important to take a well balanced diet to help healing and to enable you to regain any weight lost before surgery. If your operation is planned, for example in the case of a two or three stage procedure, you should eat well between operations to build up your strength.

As with any operation, you may find that it takes time for your appetite to return, especially if you were unwell before the surgery. It is a good idea to reintroduce food gradually, starting with a light, soft diet which is easy to digest and will not disturb the internal surgical join (anastomosis) during healing:-

- Include protein foods such as meat, fish, eggs, cheese and milk to help wound healing
- Eat starchy carbohydrates such as bread, cereals, potatoes, pasta and rice to give you energy and to help thicken your pouch output
- If your appetite is poor take smaller meals with snacks in between such as sandwiches, cheese and biscuits, yoghurts or nutritious drinks like milk, Complan, Build-up or other supplements as recommended by your Dietitian.
- Choose plainly cooked foods and avoid spicy or highly seasoned dishes, fried foods and fibrous foods.
- Be cautious with foods which are more frequently reported to upset pouch function (see page 7)



It takes time for your pouch to adapt and you may experience loose, frequent stools for several weeks. During this time you may be losing more fluid and salt than is normal and therefore be at risk of becoming dehydrated. To prevent this, you should ensure that you have an adequate fluid and salt intake:

- Aim for at least 6-8 cups of fluid per day (1 ½ - 2 litres) including water, tea, coffee and squashes.

- Add extra salt to your meals. Half to one teaspoon of salt spread evenly throughout the day should be adequate.

As your pouch settles, your stool will thicken and become less frequent, but you should continue to ensure that you have an adequate fluid and salt intake.

The established patient

Once your pouch begins to adapt and you become used to its normal function, you will feel more confident to experiment with food and many people find that they can enjoy the freedom of a full and varied diet.

Choosing a healthy diet

No one food contains all the nutrients needed for health, so you should achieve a variety of foods from each of the following groups to achieve an adequate intake (this may be modified by your Dietitian if you are under or over weight).



Protein foods

These provide protein, vitamins and minerals which are essential for health and repair of body tissues. Examples include:

- Meat – beef, pork, bacon, lamb, liver, kidney
- Poultry – chicken, turkey
- Fish
- Eggs
- Beans, baked beans, peas, lentils
- Nuts if well chewed or nut products such as peanut butter
- Meal alternatives – textured vegetable protein, quorn, tofu

Include two portions from this list each day. Try to cook foods without adding extra fat.

Red meats, liver, kidney, oily fish, eggs and pulses are good sources of iron which is important for healthy blood, so try to include these regularly.

Dairy Produce

Milk, cheese and yoghurt are good sources of calcium which is important for healthy bones. These foods also provide protein and some vitamins.

Try to drink $\frac{1}{2}$ - 1 pint (300-600 mls) of milk each day or its equivalent as cheese or yoghurt. One cup of milk (1/3_pint/200 mls) contains the same amount of calcium as one small carton of yoghurt (5ozs/150mls) or 1oz/30g of cheese. Choose lower fat alternatives whenever you can.

Starchy foods

These provide energy, vitamins and fibre. Examples include:

- Bread, chapattis
- Breakfast cereals, oats
- Pasta
- Rice
- Potatoes, sweet potatoes
- Plantains, green bananas, yam
- Dishes made with maize, millet and corn meal

These foods are reported to help thicken the stool and to reduce frequency so include a variety of foods from this group. Make these foods the main part of your meals, eat all types and include high fibre kinds if tolerated.

Fruit and vegetables

These provide fibre and a range of vitamins and minerals which are essential for good health.

- Choose a wide variety
- Try to eat five portions per day



If you find that some fruits and vegetables upset you, then try:

- Peeled fruits
- Tinned fruits in natural juice
- Stewed, baked or pureed fruits
- Fruit juices (unsweetened)
- Well cooked or pureed vegetables
- Vegetables in soup, pureed if necessary

Fats and Oils

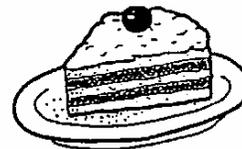
These provide energy, essential fats and some vitamins but too much fat is not good for health so use the following foods sparingly:

- Butter
- Margarine
- Low fat spreads
- Cooking oils
- Mayonnaise and oily salad dressings

Fats and sugar

The following foods contain fats and sugars and may be enjoyed as a treat, but try not to eat them too often and, when you do, have small amounts:

- Cakes, biscuits
- Puddings, ice cream
- Chocolate, sweets
- Crisps
- Sugar, sweetened drinks

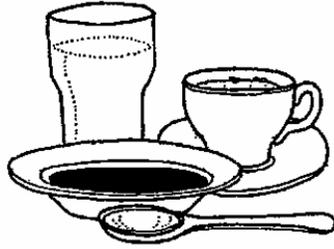


Fluid

Six to eight cups (1 ½ - 2 litres) of fluid per day are adequate for most people under normal circumstances. However, should your fluid loss increase (e.g. an increased output from the pouch, vomiting or increased sweating) then you should take extra salt, rather than extra fluid, to prevent dehydration. You could try:

- Adding extra salt to food during cooking or after serving
- Eating more salty foods such as tinned/smoked fish or meat, cheese, tinned/packet soups or sauces, Bovril/marmite, salted savoury snacks such as crisps, ready prepared meals and processed foods.

If your symptoms are severe or prolonged then consult your doctor, who may recommend a rehydration solution for you.



Alcohol

Excessive amounts of alcohol are not good for health. Some types, such as beer and wine may increase wind and pouch frequency.

If you drink alcohol, take it in moderation. Up to 28 units per week for men or 21 units per week for women, spread throughout the week with one or two drink-free days.

One unit is equal to $\frac{1}{2}$ pint beer, a single pub measure of spirits, a small glass of sherry or a small glass of wine.

Diet and pouch function

Meal pattern

Meal pattern is very individual and may be affected by social circumstances.

- Try to develop a regular eating pattern which allows acceptable pouch function
- Smaller meals may be better tolerated, but in this case it is important to eat more often to ensure an adequate intake
- Aim to eat your meals in a relaxed environment
- Take your time and chew food thoroughly

Late evening meals may increase pouch frequency during the night and some people have reported benefits from changing the time of their main meal to earlier in the day or reducing the size of their evening meal.

Are there any foods which I should avoid?

Not as a rule. However, as a guide, foods in the following table are more frequently reported to be associated with certain symptoms and you may wish to avoid, or be careful with these, in the early days following surgery.

Foods and associated symptoms

Symptoms	Associated foods
Passing undigested food	Mushrooms, sweetcorn, potatoes with skin, lentils, peas, nuts, seeds, tomatoes, lettuce, peppers, carrots, apple, pear, pineapple, Chinese food
Increased stool frequency	Chocolate, coffee, spicy foods (Indian, Mexican, curry), cabbage, green beans, root vegetable, citrus fruits, tinned fruit, stewed rhubarb, apple, pear, melon, grapes, fruit juice, wine, beer, wholemeal bread, Weetabix, milk, cream, fried food
Decreased stool output	Bread, rice, pasta, banana
Anal irritation	Spicy foods (chilli, curry, sauces), nuts, seeds, citrus fruits and juices
Abdominal bloating	Fizzy drinks
Increased urgency	Chocolate, fresh peaches
Loose stools	Chocolate, fruit juice
Increased wind	Baked beans, broccoli, brussel sprouts, cabbage, cauliflower, onion, garlic, peas, leeks, asparagus, lentils, spicy foods, beer, milk, fizzy drinks, lager
Increased stool odour	Fish (white, smoked, oily), onions, garlic, eggs

Please remember that people are very individual and what upsets one person may be well tolerated by another. Try all foods and only avoid those which repeatedly cause unacceptable pouch function. Tolerance may change with time, so periodically retry small quantities of any foods avoided.

Are there any foods which I should include?

The following foods have been reported to improve pouch function by thickening the stool and reducing pouch frequency. However, they do need to be included daily to achieve this effect.

- White rice
- Pasta
- White bread
- Banana

If you feel that pouch function is a problem, then do please discuss this with your doctor or contact your local GP, Dietitian, Stoma Care Nurse or Pharmacist for further advice.

Summary

- Take a varied and well balanced diet for good health
- Ensure an adequate fluid and salt intake to prevent dehydration
- Develop a regular eating pattern for acceptable pouch function
- Try all foods and only avoid those which repeatedly cause unacceptable symptoms



Useful addresses

Red Lion Group
Liaison Office – Red Lion Group
c/o St Mark's Hospital
Watford Road, Harrow
Middlesex HA1 3UJ
Tel: 020 8235 4126
www.redliongroup.org

Ileostomy and Internal Pouch Support Group
Peeverill House
1-5 Mill Road
Ballyclare
Co Antrim BT39 9DR
Tel: 0800 0184 724
www.the-ia.org.uk

National Association of Crohn's & Colitis (NACC)
4 Beaumont House
Sutton Road
St Albans
Herts AL1 5HH
Tel: 0845 130 2233
www.nacc.org.uk

Ostomy Lifestyle
Careline: 0800 731 4264
www.ostomylifestyle.org

Contact details:

St Mark's Hospital, Watford Road, Harrow, Middlesex HA1 3UJ

Call centre – 020 8235 4061
www.stmarkshospital.org.uk

Author: Stoma Care Nurses
Date for review: May 2011