

EATING WELL WITH AN OSTOMY

Gut Feeling!

Getting to know your digestive system

People are generally becoming more conscious about what they eat as more importance is placed on staying fit and healthy. However, there are times when convenience and hunger can take over and cause less sensible choices. This could be due to a lack of time (healthy meals are often thought to be time consuming to prepare); lack of knowledge (people run out of ideas) or even lifestyle (such as working hours). So when you're faced with the added factor of having a stoma, it can seem overwhelming to work out what you can and can't, should and shouldn't eat. It's important to note that everyone is unique, so finding the right food combination will vary from person to person.

Remember if a particular food or food group causes looser output this is not a reason to stop eating it (particularly if it's something you love!), instead look into using gelling sachets such as **Trio Pearls**® which absorb fluid to help control loose stool and prevent leaks.



THERE'S A LIST OF BANNED FOODS

No, there are no "banned" foods. For the first six weeks following your operation you need to be careful and avoid high fibre foods such as fruit and vegetables, nuts etc. This is while your bowel recovers from being handled during the surgery. While your surgical scar may heal within a few weeks, the internal healing can take a lot longer. After this initial period you can eat and drink whatever you fancy. Everyone with a stoma will react differently to different food and it is trial and error to find out how different foods affect you personally.

When it comes to what foods to eat, one thing is certain: nobody understands how foods affect digestion or how food travels through the body like someone with a stoma.

Unpredictable bowel habits can really throw your day and so some careful consideration about how different foods effect you will help to manage the aftermath! This is to say, if you fancy a curry in a hurry, as long as you know what will happen and are prepared – why not?

1. What causes your output to move quickly?
2. What stops things from moving (blockages)?
3. Are there foods that can't be digested properly?
4. What causes output to be more liquid or more solid?
5. Which foods create more odour?
6. Which foods produce more wind?

Being able to answer these questions for yourself will make life much easier! Trio's Healthy Eating Tips will help you get to know your gut better and our Healthy Eating Recipes (all available in our **YouTube channel**) may even help make mealtimes more enjoyable. We have a variety of tips and check lists to help you work out how your body responds to foods you know and food you may want to experiment with.



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