

## RECOMMENDATIONS FOR PATIENTS WITH HIGH-OUTPUT ILEOSTOMY OR INTESTINAL FISTULA

**Dear patient,**

In order to ensure a reliable result, please follow the recommendations below:

### DEFINITIONS:

- 1. Ileostomy:** Opening in the small bowel which generates liquid stools. Rapid bowel movement causes liquid stools to be passed continuously, and in large amounts (more than 500 cc a day). They are corrosive to the skin surrounding the opening.
- 2. Intestinal Fistula:** Abnormal communication between the small bowel and the body surface, caused by surgeries, inflammatory diseases, tumors and radiotherapy, among others. These fistulas behave and have a similar management to ileostomies.

### GENERAL RECOMMENDATIONS:

Significant amounts of sodium and water can be lost through the digestive waste of ileostomies and fistulas; therefore, the quality and quantity of such waste must be controlled, taking into account the following recommendations:

- 1. You may eat different types of foods from the immediate postoperative phase, avoiding those that you do not usually tolerate.
- 2. Avoid foods such as onions, fish and shellfish, as they can produce a bad odor in stools.
- 3. In order to reduce odors in stools, drink herbal infusions, and eat fruits without peel, such as apples, pears, peaches and apricots.
- 4. Avoid fruits that are too ripe, fruit juice concentrates, alcohol and beer, because they may make stools more liquid and increase digestive output.

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- 5. To avoid excessive flatulence: - Chew food very well - Establish a schedule for meals - Avoid soft drinks and drinking beverages using straws, also avoid chewing gums, cigarettes and vegetables such as cabbage, cauliflower, broccoli - Avoid excessive intake of sugars.
- 6. You should increase soluble fiber (pectin) intake in order to reduce digestive output and increase its consistency. Pectin is found in fruits such as: bananas, pears, apples and pink guavas, as well as oats and green beans.
- 7. In order to promote fistula closure, it is necessary an adequate consumption of foods high in animal protein, such as: milk, yogurt, kumis, cheese, eggs, red meat, chicken and fish (they have a significant zinc content); you may include vegetable protein, such as lentils, red beans, white beans, chickpeas and soybeans according to tolerance.
- 8. An ostomized or fistula patient needs a constant monitoring for nutrients, fluids and electrolytes by a nutritionist and his/her treating physician; therefore, you should have regular medical checks. It is very important to maintain an optimal nutritional status and an adequate hydration status.

**Remember that according to Law 100/1993, it is the patients' DUTY to take self-care measures and adhere to their Treating Physician recommendations.**