

## 迴腸造口手術後的飲食指南

這裡的飲食資訊只是一個“指南”

- 您不須要因為有一個造口而改變飲食
- 您現在也許可以吃您在手術前有問題的食物
- 每一個人對所吃食物種類有不同反應
- 如果您的糞便一直含過多水份，告訴您的醫生或迴腸造口治療護士，您可能需要服用藥物來使糞便變厚
- 在施行手術後，迴腸造口開始會有流質排泄物，不過以後會變成濃厚膏狀。

### 可能會造成排氣的食物

黃瓜	青豆	豆類
橙汁	洋蔥	蛋類
卷心菜	發粉	蘑菇
烤豆	火腿	口香糖
起泡飲料	西蘭菜	椰菜花
低卡路里甜食及糖果		

### 如何減少排氣？

- 吃東西時將速度放慢。
- 咀嚼食物時將嘴閉上，避免狼吞虎嚥
- 一次不要吃太多食物
- 按時進餐，省過一餐很可能增加排氣。

### 可能會產生臭氣的食物

乳酪	豆類	洋蔥
卷心菜	魚	蘆筍
香口膠	蛋類	大蒜
扁豆	火腿	

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## A guide to eating and drinking if you have an ileostomy

This information about your diet is a 'Guide Only'.

- You do not have to change what you eat because you have a stoma
- You may now be able to eat foods you had trouble with before surgery
- Every person will react, to each food type, differently
- If your faeces remain watery speak to your Doctor or Stomal Therapy Nurse. You may require medication to thicken the faeces
- After your operation the ileostomy will start to work with a fluid output. This will later become a thick paste.

### Foods that may cause gas

Cucumber	Peas	Beans
Orange juice	Onions	Eggs
Cabbage	Yeast	Mushrooms
Baked beans	Ham	Chewing gum
Fizzy drinks	Broccoli	Cauliflower
Low calorie sweets and lollies		

### How can I reduce gas?

- Eat your food slowly.
- Chew with your mouth closed and avoid gulping your food
- Don't eat too much food at the one time
- Eat regular meals, skipping meals is more likely to increase gas.

### Foods that may produce odour

Cheese	Beans	Onions
Cabbage	Fish	Asparagus
Chewing gum	Eggs	Garlic
Lentils	Ham	



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### 可能會減少臭氣的食物

酸奶	小紅梅汁	脫脂奶油
新鮮香菜	煮爛或碾碎蘋果（去皮）	

### 使糞便變厚的食物

意粉	南瓜	水餃
蛋奶凍	木薯粉	薄煎餅
椒鹽脆餅	米飯	香蕉
烤麵包	搗碎的馬鈴薯	蘋果汁
未煮玉米粉	棉花糖	豆形軟糖
無仁花生漿	白麵包 （不是新鮮的）	碾碎新鮮蘋果 （去皮）

### 可能會造成阻塞的食物

- 大量高纖維食物可能很難通過迴腸造口，這樣會造成小腸阻塞
- 建議您不吃這些食物，或者只吃少量。

芒果	蘑菇	青豆
鳳梨	大黃根	芹菜
椰子	爆米花	果仁
玉米	卷心菜沙拉	無花果
某些香腸腸衣	有種子的麵包 或包類	乾果

**\*\* 特別注意所有這些食物**



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### Foods that may reduce odour

Yoghurt	Cranberry juice	Buttermilk
Fresh parsley	Stewed or grated apple (no skin)	

### Foods to help thicken your stomal faeces

Pasta	Pumpkin	Dumplings
Custard	Tapioca	Pancakes
Pretzels	Rice	Bananas
Toast	Mashed potato	Apple sauce
Uncooked corn flour	Marshmallows	Jelly babies
Smooth peanut butter	White bread (not fresh)	Fresh grated apple (no skin)

### Foods that may cause a blockage

- A large amount of highly fibrous food may have difficulty passing through your stoma. This can cause a blockage in the small bowel
- It is advisable not to eat these foods or only eat in small quantities.

Mango	Mushrooms	Peas
Pineapple	Rhubarb	Celery
Coconut	Popcorn	Nuts
Corn	Coleslaw	Figs
Some sausage casings	Breads / buns with seeds	Dried fruits

### \*\* Take special care with all these foods



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### 如果發生阻塞該怎麼辦？

- 停止進食但繼續喝液體
- 洗熱水澡，服用適當的止痛藥
- 把熱水袋放在肚子上休息
- 以順時鐘的方向按摩腹部
- 絕對不可以吃瀉藥
- 如果疼痛不止，或者嘔吐，或者沒有糞便，呼叫救護車。

### 我應該喝液體嗎？

- 每天有規律地喝液體
- 每天的目標是喝 8 杯液體（不必都是水）：包括湯、果膠、雪糕、半濃果汁、茶，運動飲料（由於糖份過高，不適用於糖尿病患者）
- 熱天時增加液體攝取量
- 進食前不要飲用過多液體
- 喝運動飲料代替失去的鹽份
- 每天一根香蕉能幫助您保持正常鉀含量
- 如果造口持續流出水狀物，喝大量的液體來防止脫水，並且去看醫生。



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### What should I do if a blockage occurs?

- Don't eat food but continue to drink fluids
- Have a warm bath and take an appropriate pain reliever
- Rest with a hot water bottle on your abdomen
- Massage your abdomen in a clockwise motion
- **Never** take laxatives
- If pain continues, or you vomit or there is no faeces call an ambulance.

### Should I drink fluids?

- Drink regularly throughout the day
- Aim to drink 8 glasses (not all water) of fluid per day. Include soups, jellies, ice cream, half strength fruit juice, tea, sports drinks (not suitable for people with diabetes due to sugar content)
- Increase your fluid intake on hot days
- Do not drink a lot of fluid before a meal
- Replace lost salts by drinking sports drinks
- A banana a day will assist to keep your potassium levels normal
- If you have a continuous watery output from your stoma, drink plenty of fluids to prevent dehydration and speak to your Doctor.

