

## **Stoma Obstructive**

The foods that are listed below could cause blockages, its advisable that you cut them up small and chew well then you should still be able to enjoy them.

- Apple peels
- Raw cabbage
- Celery
- Chinese vegetables
- Corn, whole kernels
- Coconuts
- Dried fruit
- Mushrooms
- Oranges
- Nuts
- Pineapple
- Popcorn



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It is advisable that any problems you encounter you should contact your local stoma nurse and seek advise from them.



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## **Relief and obstruction and colour changes**

Some issues you may encounter with having an ostomy and possible reasons for them.

### **Reducing Flatus**

These foods will help in reducing wind.

- Fennel tea
- Cranberry juice
- Buttermilk
- Peppermint oil.

### **Colour Changes**

Changes to your output colour could be from the following.

- Asparagus
- Beats
- Food colours
- Iron pills
- Liquorice
- Strawberries
- Tomato sauces

### **Constipation Relief**

Here is a few items of food and drink that might help relieving constipation.

- Coffee, warm /hot
- Cooked fruit
- Cooked vegetables
- Fresh fruits
- Fruit juices
- Water
- Mild laxative



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