




Food blockages






Ileostomates – Try these tips if you’re having normal output (what’s normal for you) and want to prevent developing a food blockage. However, if you’re having very reduced or watery output only, stop eating food entirely until it’s resolved. And if you have no output at all, don’t eat or drink anything. (For more tips, see the *Blockages* section, Chapter 7).









If blockage symptoms aren’t relieved in a reasonable amount of time, or you’re in severe pain or vomiting – get to the ER!

Colostomates – Do NOT follow these recommendations, as you should be on a high fiber diet – which is pretty much the opposite of this regimen. If you’re having reduced output, or none at all, it’s far more likely to be constipation. However, if you believe you really are experiencing a blockage, follow the medical advice above (temporarily).

FOOD BLOCKAGES		
		
BEVERAGES 	Water – very important!!	Smoothies – with pulp or fiber
	Juice – Fruit and vegetable juices without pulp	Juice – Fruit and vegetable juices <u>with</u> pulp

FOOD BLOCKAGES, cont'd.		
		
<p>FRUIT</p> 	<p>Melons, apples (peeled & cooked), canned fruits (peaches, pears, apricots, etc.)</p>	<p>Oranges & grapefruits, grapes, pineapple, coconut, berries, dried fruit – Generally, avoid fruits with skins, pith, or seeds.</p>
<p>VEGETABLES</p> 	<p>Squash, turnips, pumpkin, carrots (cooked), potatoes (without skin), tomato sauce & paste (no seeds), cucumbers (no seeds or skin), lettuce (shredded), zucchini (without skin). Cooked vegetables are better than raw, and shredded are better than large pieces.</p>	<p>Cabbage (raw), celery, corn, mushrooms, onions, spinach, Swiss chard, Chinese vegetables (bamboo shoots, water chestnuts) – Generally, avoid leafy greens, raw vegetables, and those with stalks, pips, or skin.</p>
<p>LEGUMES</p> 		<p>Legumes (peas, beans, lentils) are loaded with fiber, so avoid them entirely.</p>

FOOD BLOCKAGES, cont'd.		
		
DAIRY 	Milk products , including milk, pudding, creamy soups, and mild cheeses	Yogurt containing fruit with seeds or skins – like berries or cherries
PROTEINS 	Egg, chicken, fish, meat (without gristle or connective tissue)	Meat (like steak) with gristle or connective tissue
	Peanut butter (smooth)	Peanut butter (crunchy)
GRAINS 	Refined flours – White bread, pasta, rice, crackers, tapioca, processed cereals that aren't whole grain	Whole grain products – Multigrain or whole wheat bread, brown rice, whole grain pasta, muesli, etc.
SNACKS 		Nuts & seeds, popcorn, trail mix, granola, nutrition bars with fiber/ grains