

Patient Information Leaflet

Dietary information for inpatients following bowel surgery

Produced by
Colorectal Nurse Specialist

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If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

This leaflet explains the normal dietary routine following bowel surgery, however, it may vary according to your individual needs.

NBM– Means nothing to be taken by mouth.

SIPS— Means small frequent sips of water.

30's – Means 30mls of water each hour. (Half a small glass).

60's – Means 60mls of water each hour. (One small glass).

FREE FLUIDS – Build up fluids gradually throughout the day until tolerating normal amounts. (Approx 1-2 litres). This can include tea, coffee, milk drinks, soups, squashes, fruit juices (not too much as the bowel can be sensitive following surgery), fizzy drinks (best to let them go flat first).

LIGHT DIET – as you may not have eaten for a while you will need to start off by having small meals, which are easy to eat and digest. Fried foods, high fat foods and spicy foods are best avoided.

Suitable foods would be:-

Scrambled/poached/boiled eggs.

Soup.

Chicken/fish, which has not been fried.

Thin tender slices of roast meat.

Mashed potatoes, white rice and pasta.

Milk puddings e.g. rice, semolina, custard, crème caramel, fruit fool, ice cream, Yoghurt, jelly, probiotic drinks

Cornflakes, Rice krispies.

White bread/toast

If you feel comfortable and your bowels are starting to work, you will normally be able to tell when you are ready to reintroduce foods with caution. Gradually you will be able to return to your normal diet, however you may find smaller, more frequent meals suit you for a few weeks.

If you experience loose stools or diarrhoea try taking a low fibre diet until your bowel has settled and then introduce vegetables, fruit and fibre foods slowly.

LOW FIBRE DIET – Fibre is the indigestible part of cereals, fruit and vegetables also known as roughage.

SUITABLE FOODS for LOW FIBRE meals and snacks:

Lean and tender lamb, beef, pork, chicken, turkey, offal, bacon, ham and fish.

Milk, cheese, eggs, cream, butter, margarines.

Potatoes (no skins) may be boiled, mashed, roasted or chipped. White rice, pasta and noodles. Couscous.

White bread/rolls/toast, cream crackers, plain water biscuits.

Cornflakes, Rice Krispies.

Tomatoes with skins and pips removed.

Strained fruit juices (to remove pithy pieces). Cordials enriched with vitamin C e.g. Ribena, rose hip syrup.

Strained soups (to remove pieces of vegetables).

Milk puddings, ice cream, jelly, plain yoghurt.

Plain biscuits (containing no nuts, dried fruit or whole wheat) e.g. Rich tea, Marie, shortbread, morning coffee.

Plain sponge/Madeira cake, Swiss roll. Pastry made with white flour.

Yorkshire puddings.

Jelly jam, jelly marmalade, golden syrup, honey.

Boiled sweets or pastilles. Plain or milk chocolate or toffees (containing no fruit or nuts). Crisps.

Tea, coffee, fizzy drinks.

BACK TO NORMAL-The above dietary advice can be used until your bowels have settled and are no longer very loose. Once settled it is important to return to a normal healthy balanced diet which includes five portions of fruit and vegetables per day.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: <http://www.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquiries@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

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