What if you get wind?

what is wind?

Wind or flatulence is the release of intestinal gas through your stoma.

what can cause wind?

- Swallowing air whilst eating or talking
- Fermentation of food by bacteria, a natural process of digestion
- Some food and drinks
- Chewing gum
- Some laxatives
- Long periods without food
- Smoking

hints and tips

- Eat regularly
- Don’t eat and drink at the same time
- Don’t talk and eat at the same time
- Try not to smoke
- Don’t chew gum
- Sit down and enjoy your food in a relaxed and calm environment
- Try not to eat large meals late in the evening

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hints and tips

The foods and drinks listed below are some of the most common wind causing culprits and you may wish to limit your intake of these:

- Green beans, broccoli, cabbage, spinach, sprouts
- Parsnips, turnips
- Baked beans, peas, sweetcorn
- Onions, garlic, mushrooms, cucumber
- Some fresh or dried fruits such as banana, apricots etc.
- Eggs
- Spicy food
- Foods high in insoluble fibre
- Grains

Introduce any of these foods and drinks into your diet gradually. Not everything listed will cause you to have wind problems.

Keep a food diary to identify the food or drinks that could be causing you to have an increased amount of wind.

The foods listed below can help you avoid wind:

- Peppermint tea or peppermint oil in hot water
- Fennel to eat or drink
- Cinnamon to eat or drink (but not if you are pregnant)
- Probiotic yogurts or drinks
- Always drink plenty of water

If you have been prescribed laxatives then do not stop taking them without first discussing with your doctor or stoma care nurse.