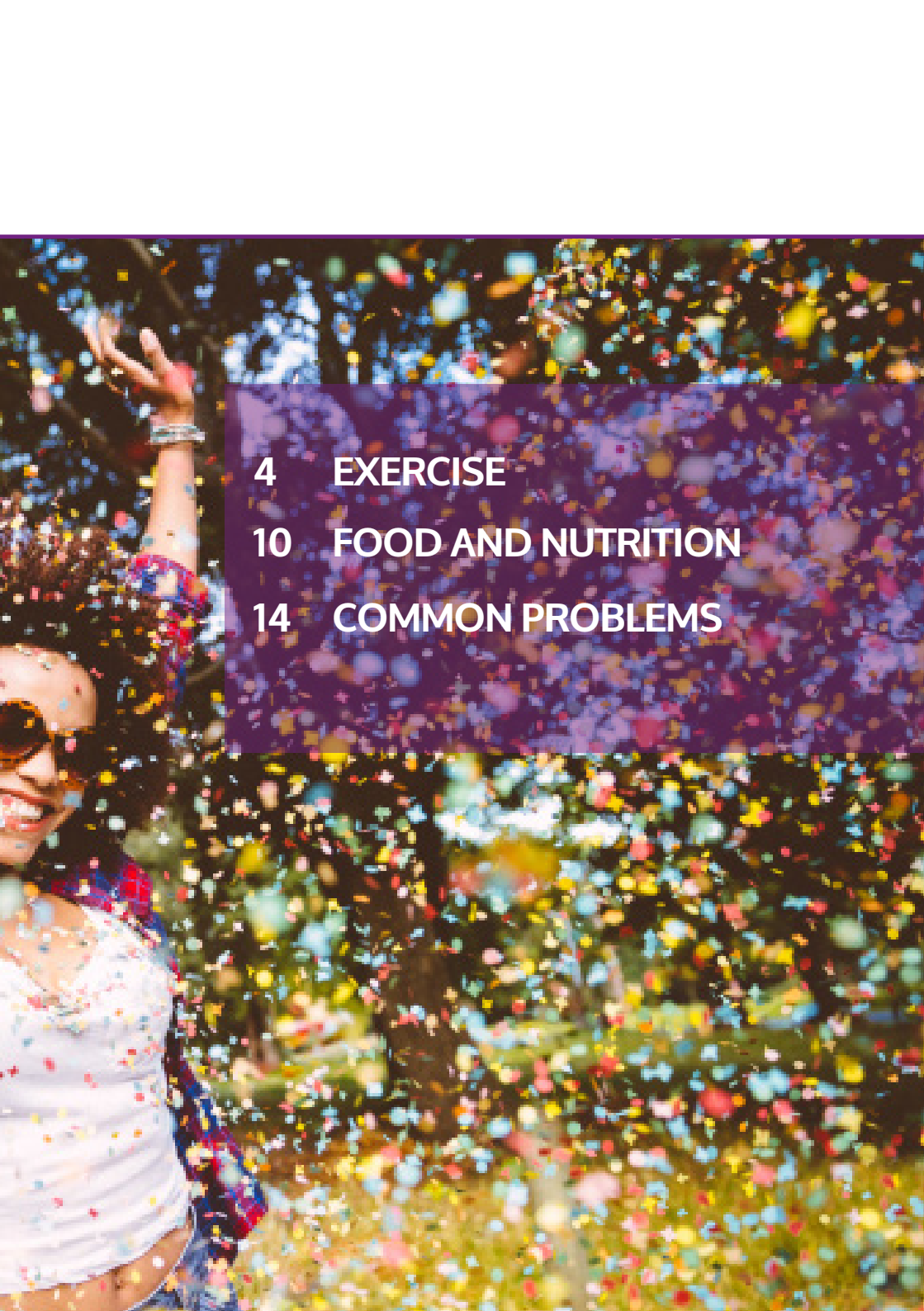


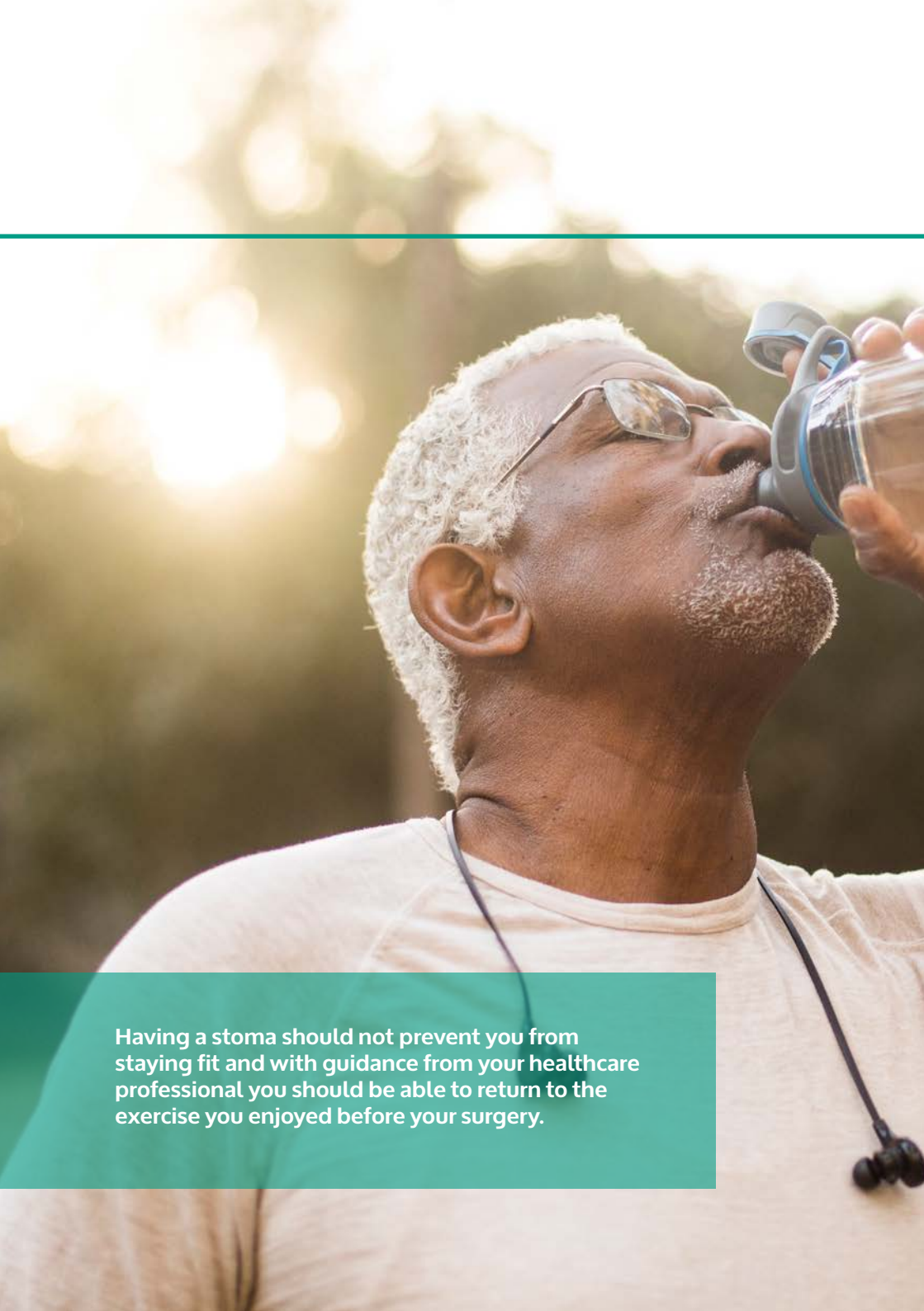
Exercise & Nutrition



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Having a stoma should not prevent you from staying fit and with guidance from your healthcare professional you should be able to return to the exercise you enjoyed before your surgery.

EXERCISE

Following surgery, the thought of exercise may be the last thing on your mind, however, exercise can aid recovery and help you feel better, quicker.

However, it is important to start off slowly as your abdominal muscles will need some time to heal from your surgery.

Exercise has many benefits such as giving you more energy, toning your body and loss of weight, not to mention a stronger heart and better circulation, which lead to all round better health.

Make sure you stay hydrated before, during and after exercise and you should always speak to your GP or stoma care nurse before you start more strenuous sporting activities. It is recommended that support garments are worn for the first three months following surgery.

If you need them, abdominal support garments can give extra support to your muscle wall during exercise. These reduce the risk of causing injury and a hernia potentially developing. For lighter support a support waistband can help.



Tips

- Always obtain advice from your healthcare professional before commencing any exercise as there may be things you need to take into consideration now you have a stoma.
- Go at your own pace.
- Exercise with friends who will not only offer support but will help you overcome psychological barriers.
- Use flange extenders for added security.

Walking

Walking is an excellent gentle exercise that you can do everyday with friends, family or alone.

Gradually increase the distance and pace as you get stronger and fitter. Once you are ready, brisk walking is a great way to stay fit.

Tips

- You may wish to take a small supplies bag with you, just to be prepared.



Pilates and Yoga

Great forms of exercise which can help to build core strength by building up the abdominal muscles.

Pelvic Exercise

Your abdominal muscles may have become weakened as the result of your operation. This can cause backache, a dragging sensation in the lower part of your abdomen and poor posture. Speak to your stoma nurse or healthcare professional about recommending an exercise programme to improve muscle control.

Tips

- Wear a support band or belt around your stoma to avoid developing a hernia. Your stoma nurse will be able to advise how to get fitted with one.



Swimming

Many ostomates think that they will no longer be able to go swimming after their surgery. The good news is that they are wrong. Swimming is a great form of gentle exercise to try once you are out of your initial recovery period.

You can start off at whatever pace suits you and can build it up once your body is up to it.

Most pouches are water-resistant and there are smaller pouches available which are more comfortable for swimming.

For extended use, you may wish to use additional flange extenders for added security and extra peace of mind.

You may find that you need to shop around to find swimwear that you are comfortable in. For women, a patterned 1-piece will disguise the stoma and any lumps and bumps. Ruched material around the abdomen may offer greater comfort and is also very slimming. Alternatively, tankinis are a good alternative and sarongs are also a good option for the beach. For men, high-waisted shorts are a popular style to try. Pouch covers can be worn with your own preferred pouch. There are specialist swimwear manufacturers and there is a great choice of high street brands.

The main thing is to wear what you feel comfortable in.

Tips



- Wear your swimsuit in the shower before going swimming in public to see how it looks when wet.
- If you have concerns about how the baseplate will hold, try it out in the bath first.
- Empty your pouch before swimming.
- It is best to avoid applying a new pouch directly before swimming. Allow plenty of time for adhesion.
- Cover the filter cover of your pouch to prevent water getting into the pouch. Remove the cover once dry.
- Water can affect adhesion, so make sure you change more frequently if you are going swimming.

EXERCISE FOLLOWING SURGERY

Your abdominal muscles may have become weakened as the result of the operation you have had. This can cause backache, a dragging sensation in the lower part of your abdomen and poor posture.

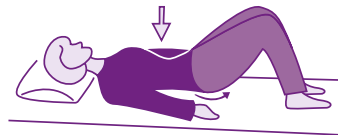
The following simple exercises have been developed for you by

the Physiotherapy Department at The Queens Medical Centre, Nottingham, and endorsed in March 2013 by Chartered Physiotherapists Promoting Continence (CPPC).

Always check with your consultant, stoma nurse or GP before starting any exercise routine.

Pelvic tilting

Lie on your back with your knees bent and feet flat on the floor/bed. Pull your lower tummy in, tilt your bottom upwards slightly whilst pressing the middle of your back into the bed. Try to breathe out as you are doing this and hold the position for two seconds. Let go slowly.



Knee rolling

Lie on your back with your knees bent and feet flat on the floor/bed. Pull your tummy muscles in. Keeping your knees together, slowly roll them from side to side. A little way at first, gradually increasing as far as is comfortable.



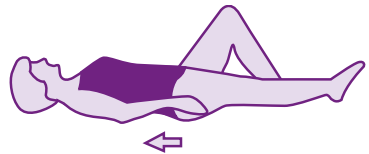
Head raising

Lie on your back with knees bent and head on a pillow. Place your hands on the front of your thighs and pull your tummy in. Lift your head off the pillow and hold for three seconds, then slowly return to the starting position.



Hip hitching

Lie flat on your back with your head on a pillow. Bend one knee up and keep the other straight. Pull your tummy in. With the leg that is straight, draw up at the hip towards your armpit. Then stretch the leg down as far as you can. Do the same with the other leg.



Lift and twist

Lie on your back with your knees bent up and your head on a pillow. Place both hands on the front of your right thigh. Lift your left shoulder and head towards the outside right knee. Hold for three seconds then slowly return to the starting position. Do the same on the opposite side.





Everyone reacts differently to certain foods, regardless of whether they have a stoma. For you, the best option is to have a varied diet where all food groups are taken in moderation to aid recovery and good health. Combined with exercise, this is the best way to ensure a healthy lifestyle.

FOOD AND NUTRITION

Food Management after Surgery

Eat small meals more frequently (5-6 per day). Where possible start off with plain foods. Foods rich in protein such as meat and dairy products are recommended for healing. Chew food thoroughly to aid digestion. After surgery some post-operative swelling may exist in the bowel, causing the bowel to narrow, making some foods quite difficult to digest.

Reintroduce your favourite foods slowly, just in case your stoma may react with something. Try foods more than once, you may just be having an off day, so don't rule anything out immediately. If you find that eating green leafy vegetables or your favourite fruit causes blockages try having them as a smoothie so you still get the nutritional benefit. Wait a few months before you try them as a whole food again – it takes a long time for your bowel to recover.

Daily Food Management

Eat 3-4 meals a day, at regular times. Drink plenty of fluids each day. It is advisable to drink around 2 litres of fluids per day to hydrate the body. Whilst water is preferable, you can also include tea and coffee although they can be dehydrating.

Eat a varied diet spread across all food groups such as: fruit and vegetables, dairy products, protein rich foods, foods classed as carbohydrates such as bread, pasta, rice and potatoes.

Try to avoid eating late at night as this can make your pouch fill up quickly and interrupt sleep and you will then need to empty it.



Tips

- Don't eat and drink at the same time as this may cause wind.
- If you think a particular food is causing you problems, try cutting it out of your diet and then reintroduce it in small quantities later.
- You can still have an alcoholic drink, as long as it doesn't interfere with any medication you are taking. It is advisable to speak to your stoma nurse if you have any concerns about this. However, it is best to avoid excessive amounts of alcohol as it can leave you dehydrated.
- Chewing your food thoroughly avoids blockages (with ileostomates).
- Some fruits can cause an increase in pouch output. This includes fruits with stones such as mangoes, plums, apricots etc.
- Bananas, mashed potatoes, white pasta and white rice are known to slow down and thicken output.
- After surgery, the way in which your body digests medicines may be affected. For this reason, it is advisable that you review your medicines with your stoma care nurse.

For Urostomates

After surgery you will be producing more urine than before which means you will need to increase your fluid intake to maintain the correct balance. As a general guide, urostomates are advised to drink 2-3 litres of fluid (preferably water) each day.

Tea, coffee and alcohol are known as diuretics, so it is recommended that you reduce your intake of these at night.

Foods with a high Vitamin C content such as oranges and cranberries (including pure cranberry juice) are recommended for urostomates to help prevent urinary tract infections. However, if you are taking warfarin, you should be aware that cranberry juice is contraindicated and so can increase the risk of side effects.

Speak to your doctor or Stoma Care Nurse if you need further advice.





COMMON PROBLEMS

Wind/Flatulence

Wind can be problematic for colostomates and illeostomates as it causes the pouch to 'balloon'. Although some pouches contain filters to remove gas, you may want to try to avoid it in the first instance. The following are considered common foods for causing gas:

Vegetables such as broccoli, cauliflower, cabbage, spinach and brussel sprouts, baked beans, onions and garlic, fizzy drinks, beer, chewing gum, eggs, fish and spicy foods.

Tips to prevent wind

- Drink peppermint tea.
- Bio yoghurt or Bio yoghurt drinks.
- Eat at regular intervals.



Constipation

Colostomates may suffer from constipation as a result of medication or perhaps not drinking enough fluids.

Tips

- Drink plenty of fluids – water is best.
- Eat more fruit and vegetables.
- Increase the amount of wholegrain and/or bran in your diet.
- Drink fruit juice or prune juice.



Odour

If applied correctly you should not experience any odour until you come to empty your pouch.

Certain foods can cause increased odour; asparagus, baked beans, broccoli, cabbage, cod liver oil, eggs, fish, garlic, onions, peanut butter, some vitamins and strong cheese.

Use an in-pouch deodorizer and keep an external deodorizer with you so it minimises odour.

If you do experience odour when you are not changing the pouch, then this could indicate pouch leakage. If this is the case, then change your pouch immediately.

Tips

Food that might help to solve this problem:

- Buttermilk
- Cranberry Juice (not to be taken if you are taking Warfarin)
- Orange Juice
- Tomato Juice
- Parsley
- Peppermint tea
- Bio yoghurt



Diarrhoea

Diarrhoea can be an indication that you are having trouble digesting food. If this is the case, you should try to remove fibre from your diet and instead eat foods that thicken your stool. Foods that may lead to diarrhoea include:

Cabbage and other green vegetables, spicy foods, fruit (except bananas), prunes or prune juice, alcohol, citrus fruit juices.

Tips

Food that might help alleviate this problem:

- Very ripe bananas
- Marshmallows
- Cheese
- Rice/Noodles/Pasta
- Bio yoghurt
- Jelly/Jelly babies
- Boiled milk



Discoloured Urine (Urostomates)

Generally, if your urine is dark this is an indication that you are dehydrated and you need to drink more fluids. Some medication may also affect urine. Food which may lead to an unusual odour and colour include:

Radishes, fish, beetroot, spinach, spices.

Tips

- Foods that can help reduce urinary odours include bio yoghurt and buttermilk.



Blockages

As the ileum is quite narrow, foods which are high in fibre can cause blockages after surgery. As a result, your output will lessen or even stop and you may experience pain and nausea. If you chew your food well and drink lots of fluids this should help to avoid this risk.

Foods that may cause blockages include: Celery, popcorn, coconut, nuts, coleslaw, dried fruits, peas, vegetable skins.

If you do suffer from a blockage take a warm bath and drink warm fluids. Sipping water will also help. If it doesn't clear within a few hours and /or the pain increases, contact your GP.

Abdominal Muscle Exercise

Your abdominal muscles may have become weakened as the result of your operation. This can cause backache, a dragging sensation in the lower part

of your abdomen and poor posture. Speak to your healthcare professional about recommending a daily exercise programme for you.



Useful Contacts

Colostomy UK

Email: info@colostomyuk.org

Tel: 0800 328 4257

www.colostomyuk.org

Ileostomy Association

(Ileostomy and internal pouch support group)

Email: info@iasupport.org

Tel: 0800 0184 724

www.iasupport.org

Urostomy Association

Email: secretary.ua@classmail.co.uk

Tel: 01386 430140

www.urostomyassociation.org.uk

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