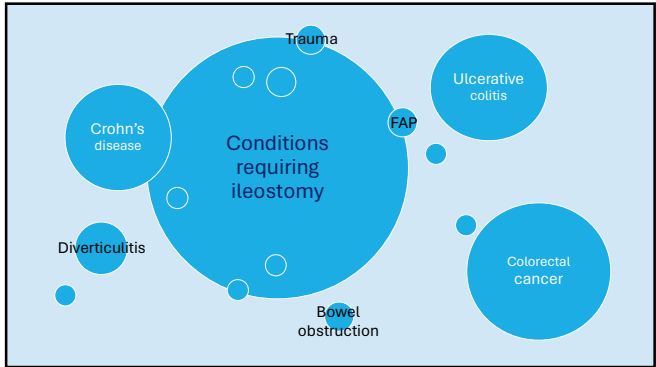


Dietary management for people with an ileostomy

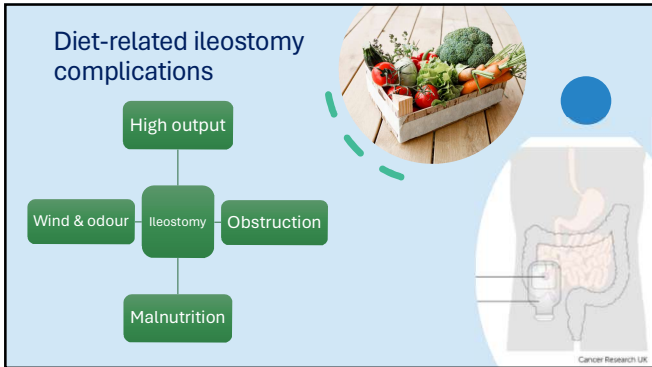
Dr Alexandra Mitchell, PhD RD

GSG Study Day 13th May 2024

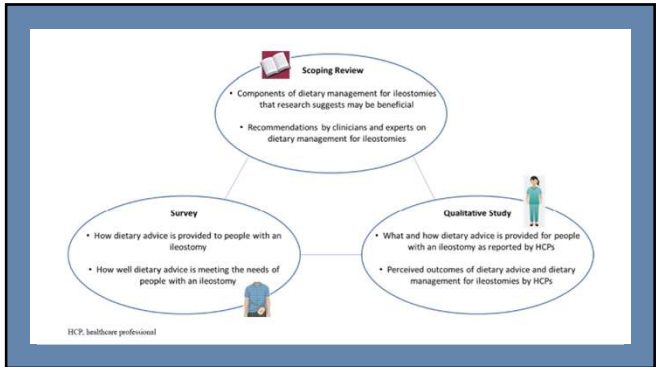
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Scoping review of the literature

- **JBI methodology** for scoping reviews
- Pre-determined search of 13 databases, including MEDLINE, Embase, and Web of Science

Inclusion criteria:

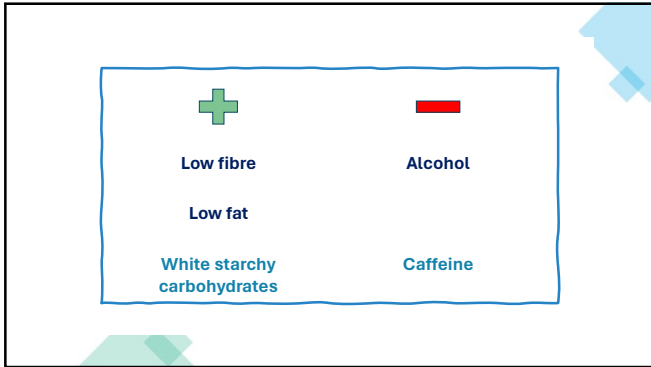
- Evidence relating to the use of **oral dietary strategies** to manage **complications** and **nutritional consequences** associated with having an ileostomy.
- Original research using quantitative and/or qualitative methodologies, expert opinion articles, and consensus guidelines.

(Mitchell et al., 2021)

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Study design (n)	Nutrient modifications	Foods/drinks	Eating-related behaviours
Experimental studies (11)	9	34	0
Pre-post studies (3)	10	80	11
Observational studies (13)	8	94	5
Qualitative studies (4)	2	17	1
Expert opinion (44)	51	339	23

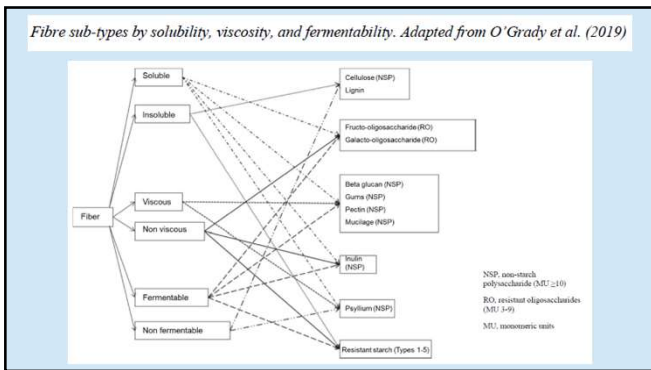
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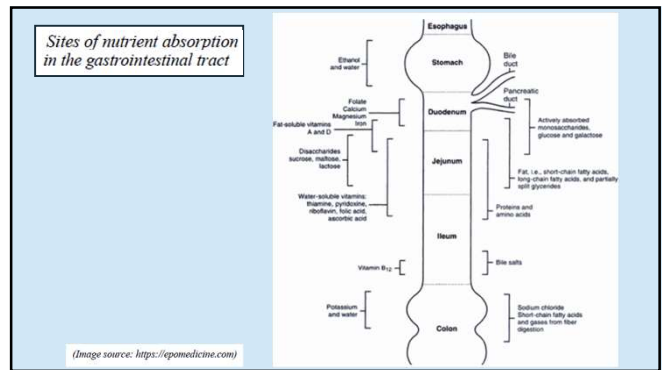
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Diet after ileostomy study

	6-16 weeks (n=17)	212 months (n=15)
Items avoided due to ileostomy-related symptoms, n (%)	15 (88)	11 (87)
Increases output, n (%)	6 (35)	7 (47)
Vegetables and fruit (cauliflower cheese, ^a onions, ^b salad, ^c mushrooms, ^{a,b} beans, ^a pulses, ^a peas, ^a sweetcorn, ^b potato skin ^d and melon ^e)	5 (29)	3 (20)
Dairy (cream/cheese ^f)	1 (6)	0 (0)
Spicy food/petite chicken curry/chilli ^g and unspecified ^h	1 (6)	2 (13)
Starchy food (potatoes, ^a pasta, ^{a,b} porridge, ^a wholemeal bread ^a and high-fibre cereal ^a)	1 (6)	3 (20)
Drinks (hot chocolate, ^a lemonade, ^b sugar-free fizzy drinks, ^b beer, ^a wine, ^a prosecco ^a and alcohol ^a)	3 (18)	5 (33)
Causes pain, n (%)	1 (6)	4 (27)
Vegetables and fruit (onions ^b and baked beans ^a)	1 (6)	1 (7)
Starchy food (bread crusts ^h)	0 (0)	1 (7)
Spicy food (unspecified ^h)	0 (0)	2 (13)
Drinks (fizzy drinks ^a and prosecco ^a)	0 (0)	2 (13)
Has caused blockage, n (%)	1 (6)	3 (20)
Vegetables and fruit (unspecified fresh fruit, ^a potato skin ^a and banana ^a)	1 (6)	2 (13)
Starchy food (bread ^h)	0 (0)	1 (7)

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Diet after ileostomy study

Increases odour, n (%)	7 (41)	5 (33)
Vegetables (broccoli, ^a cauliflower cheese ^a and onions ^a)	2 (12)	1 (7)
Eggs	2 (12)	0 (0)
Dairy (cream/cheese ^a and unspecified ^h)	1 (6)	1 (7)
Spicy food (chicken curry ^g and unspecified ^h)	1 (6)	2 (13)
Fish	5 (29)	3 (20)
Increases gas, n (%)	9 (53)	6 (40)
Vegetables and fruit (broccoli, ^a cauliflower, cauliflower cheese, ^a spinach, ^a onions, ^{a,b} baked beans, ^a beans, ^a pulses, ^a peas, ^a sweetcorn, ^b mushrooms, ^a fruit and vegetable skin ^a and dried fruit ^a)	5 (29)	3 (20)
High-fibre starchy food (high-fibre cereal/bread ^a)	0 (0)	1 (7)
Eggs	1 (6)	0 (0)
Excess fried foods (also felt sick)	1 (6)	0 (0)
Fish	1 (6)	0 (0)
Drinks (fizzy drinks, ^{a,b} beer ^a and wine ^{a,b})	3 (18)	5 (33)
Visible in the bag, n (%)	6 (35)	9 (60)
Vegetables and fruit (broccoli, ^a spinach, ^a onions, ^{a,b} mushrooms, ^{a,b} mashed roots, ^a beans, ^{a,b} peas, ^{a,b} pulses, ^{a,b} sweetcorn, ^b potato skin, ^a unspecified fresh fruit, ^a orange, ^a fruit and vegetable skins, ^a dried fruit ^a and apple ^a)	6 (35)	8 (53)
Nuts	0 (0)	1 (7)
Bread crusts	1 (6)	0 (0)
Red meat	0 (0)	1 (7)

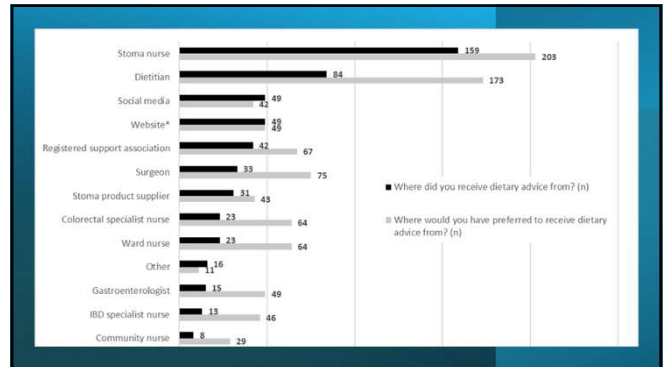
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Provision of dietary advice for people with an ileostomy: a survey in the UK and Ireland

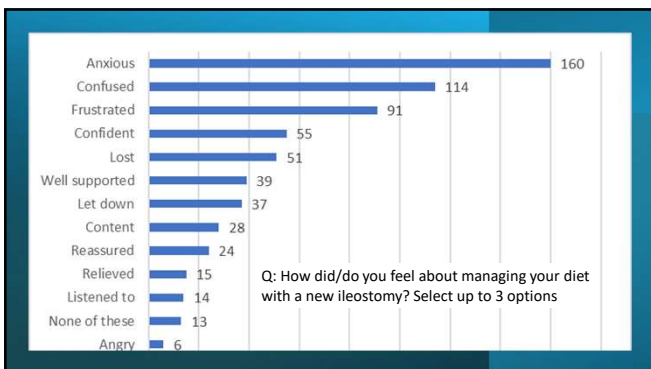
291 eligible responses: women 73%, majority age 45–74 years (65%)

- **69% received dietary advice** from a healthcare professional or via the internet
- Of the 90 people who did not receive dietary advice, 82 (91%) would have liked to receive dietary advice
- **62% felt that at least some of the dietary advice** they received was **conflicting**
- **29% received advice from a dietitian compared to 60% who wanted advice from a dietitian**

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Since having an ileostomy, have any of the following caused you difficulties?	n (%)
Very loose or watery stoma output	252 (86.6)
Wind or gas	206 (70.8)
High volume of stoma output	182 (62.5)
Increased odour from stoma bag	128 (44.0)
Pain in your bowel or stoma	125 (43.0)
Blockage or obstruction of the bowel or stoma	124 (42.6)
None of the above	5 (1.7)

(Mitchell et al., 2020)

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Healthcare professionals' perspectives on dietary advice provided to people with an ileostomy

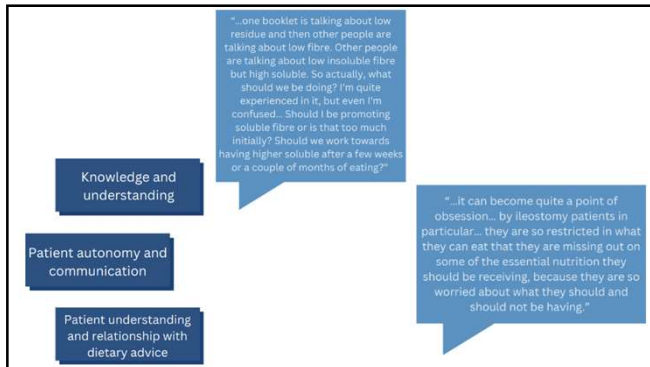
- 5 stoma nurses
- 5 dietitians
- 5 colorectal surgeons
- 4 colorectal CNS
- 1 IBD nurse
- 1 gastroenterologist

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Patient pathway
 Tailoring of dietary advice to the patient
 Formal and social support
 Mixed messages

“...if one healthcare professional is giving them very stringent advice and a list of absolute no-go foods, and someone else is saying, 'Well, actually try this and see what happens'; That advice can be very confusing for patients ...”

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Take-home messages

- A lack of research and expert consensus contributes to mixed messages and reduced confidence in dietary advice for people with an ileostomy.
- Greater interdisciplinary working increases consistency in dietary advice for ileostomy management.
- HCPs' role involves providing guidance and support to people with an ileostomy while they develop the ability to self-manage their diet through experiential learning.

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Implications for practice

- Lack of evidence for very restrictive dietary advice.
- After the initial healing period, foods should not be automatically excluded unless found to be problematic after reintroduction.
- There may be a need for healthy eating advice for people with established ileostomies and post-reversal, targeting discretionary high-fat, high-sugar foods.

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Implications for practice

- Need for local multidisciplinary team consensus and collaborative development of patient literature/advice, to improve clarity and consistency of dietary advice.
- Important for HCPs to acknowledge the uncertainty in dietary advice for ileostomy management and potential for individual differences, to increase patient understanding and trust.

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