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VI. The client/caregiver can list dietary measures for management of colostomy.

- A. Eat a healthy balanced diet. Eat slowly and chew well.
- B. Avoid the use of straws to reduce gas.
- C. Foods that may help to control odor and gas in some people are fresh parsley, yogurt, and buttermilk.
- D. Drink 8 to 10 glasses of water or liquids each day. Healthy choices are water, juices, and milk. Limit the intake of caffeine and soda.
- E. Foods that may cause gas and odor are
 - Broccoli, cabbage, cucumbers, Brussels sprouts, or cauliflower
 - Beans, eggs, and fish
 - Cheese, onions, garlic, or alcohol

VII. The client/caregiver can list general measures for management of colostomy.

- A. Avoid contact sports and weight lifting.
- B. Avoid tight, constrictive clothing.
- C. Bathing, showering, and swimming can be done with appliance on.
- D. Keep extra colostomy supplies on hand.
- E. Report to physician any change in size or color of stoma, persistent diarrhea or severe constipation, frank bleeding from stoma, purulent drainage or pain at stoma, and fever.

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- F. Provide information concerning sexual activity, such as
 1. Resume sexual activity when stoma is healed.
 2. Empty pouch before intercourse.
 3. Get counseling if needed.

RESOURCES

United Ostomy Associations of America, Inc.
www.uoaa.org

Wound, Ostomy, Continence Nurses
www.wocn.org

REFERENCES

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