



STARTING
THE 4TH WEEK
AFTER SURGERY

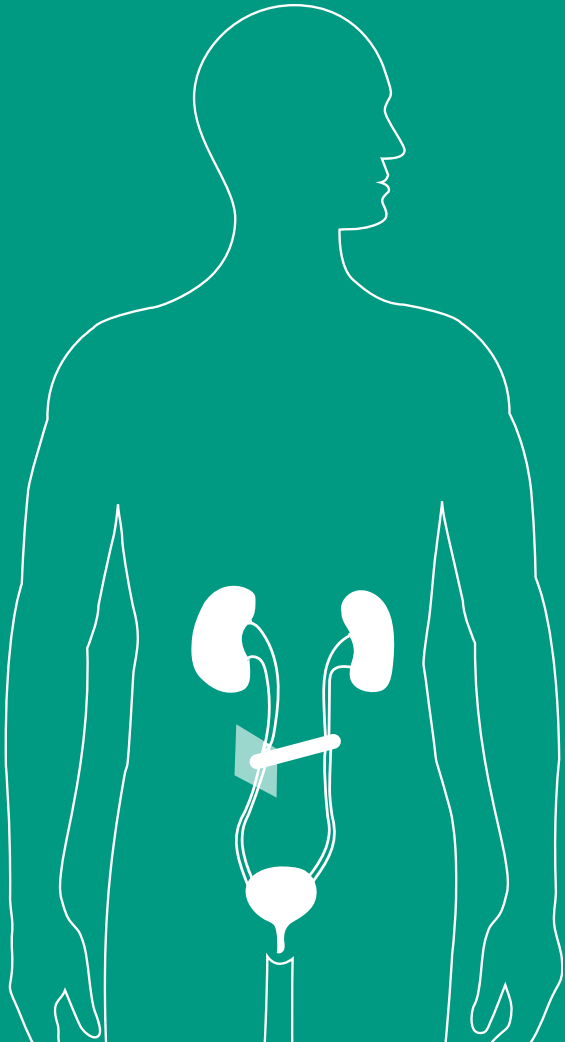
UROSTOMY NUTRITION PATIENT BOOKLET

Impact of nutrition

Food provide us with energy and building blocks after surgery to better recover.

However some foods or drinks may irritate the digestive tube causing bloating that can press the urinary system.

The only foods that keep an optimal capacity to be absorbed are starches
They are also our key energy source



AN APPROPRIATE NUTRITIONAL SURVEILLANCE

FOOD ALLOWED



Starches

- Bread
- Potatoes
- Non whole wheat cereals, rice, pasta, quinoa, bulgur, semolina

Proteins

- Fish
- Meat
- Eggs
- Ham



Vegetables

- Low-fiber vegetables are preferred

Sauces

- May brighten up your meals



Notes:

FOOD TO BE AVOIDED

Some starches

- Corn
- Whole wheat bread
- Whole wheat cereals
- Excess of pulses (chickpeas, lentils, peas, beans)



Irritating foods and drinks

- Milk and dairy products (yoghurt, cottage cheese)
- Excess of raw fruits and vegetables
- Tea and herbal teas
- Sparkling water and sodas

Some sauces

- Avoid spicy or cream based sauces



Notes:

OVERVIEW OF A BALANCED DIET

Starting the 4th week after surgery

BREAKFAST

Drink + bread with +/- butter +/- jam or honey



LUNCH

Starches (minimum half a plate) + protein + cheese or fruit



Notes:

DINNER

Starches (minimum half a plate) + vegetables + cheese or fruit



+/- SNACK morning and/or afternoon

Bread with... (*butter, jam, chocolate or cheese*)



Notes:

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