

SHORT BOWEL SYNDROME. The bowel aims to absorb fluid and nutrients in the diet. Having a shorter bowel may lead to malnutrition, weight loss, diarrhoea (high stoma outputs) and dehydration. Here is a guide to avoid such problems

The maximize the remaining bowel we aim to

A.Slow down the passage of food

and drink using drugs such as Loperamide & Codeine which need to be taken 30-60 minutes before food to work best)

B.Reducing the amount of acid

produced by your stomach using drugs such as Omeprazole, Lansoprazole & Ranitidine)

C.Modify your diet to be:

- 1 Salt rich
- 2 High in protein & energy
- 3 Moderate in fat
- 4 High in carbohydrate
- 5 Low in fibre (residue)

1. Drinking too many watery drinks will increase diarrhoea (or stoma output) and thus lose salt. If you are passing smaller volumes of urine or it is darker than normal, you may be getting dry. [Sending to labs a specimen of urine which has less than 20mmol/l of Sodium confirms dehydration]

Sprinkle a little salt on your meals – half to one teaspoon a day.

Try cooking your meals with salt
Eat salty foods such as cheese, bacon, ham, sausages, smoked fish, shell fish, canned fish pastes, tinned foods such as spaghetti and ravioli, meat extracts (Oxo, Bovril), yeast extracts (Marmite) salted crisps savoury or salty biscuits.

Instead of drinking watery drinks try St Mark's Solution: Recipe
6 heaped 5ml teaspoons glucose
1 level 5ml teaspoon salt
Half heaped 2.5ml teaspoon sodium bicarbonate Stir all ingredients into 1litre of water and chill (add juice concentrate to be more palatable)

2. Weighing yourself every week will guide you to whether more energy is needed in your diet. To increase your energy consider
- meat – beef, pork, lamb
 - poultry – chicken, turkey
 - fish
 - eggs
3. Fat is a good source of energy to help you gain weight. Some people have difficulty digesting fat. If you

notice that your stools are pale in colour, look oily, float on the surface and are difficult to flush away, then you may need to decrease your fat intake to help reduce this problem.

4. Increase carbohydrate intake by increasing intake of starch foods such as bread, potatoes, rice, noodles & pasta
- In between meals snack on starchy foods such as a crackers, plain biscuits, cakes or crisps
 - Try toast, crumpets, scones or muffins as a snack
 - Try adding sugar to drinks, cereals and puddings
 - Spread jam, marmalade, honey or syrup thickly on bread or add to milk puddings, porridge and yogurts
 - Try high energy desserts such as ice cream, sponge puddings, fruit crumbles and milk puddings.
 - If fruit is tolerated, include it as a dessert or snack removing the skins, seeds and pips if necessary
5. Low fibre (low residue) diets reduce the bowel output so try to reduce fibrous foods such as wholemeal bread, wholegrain, pulses, leafy green vegetables, raw vegetables, sweet corn and nuts.