



Berkshire Healthcare NHS Foundation Trust
Royal Berkshire NHS Foundation Trust

Short bowel syndrome:

What can I eat and drink?

Name: _____

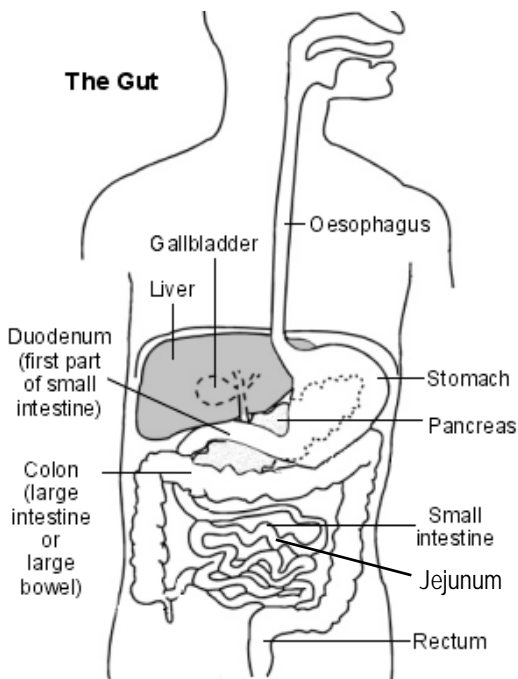
Your Dietitian: _____

Dietitian contact number: 0118 322 7116

What is short bowel syndrome?

Your bowel is made up of two parts:

- The first part of your bowel is the small bowel and its job is to break down the food you eat and absorb it. This normally happens in the first 150-200cm of small bowel (jejunum);
- The second part of your bowel is the large bowel and its job is to absorb water and natural salts called sodium and potassium;
- The bowel is sometimes called the intestine or the gut.



Short bowel syndrome is a rare condition and happens when:

- The small bowel is unable to digest and absorb enough of the nutrition that you eat;
- The bowel does not reabsorb fluids, including the digestive juices that your bowel produces. This can lead to malnutrition, weight loss and dehydration.

Managing your condition

The following information and instructions about food and drinks can help you manage your condition.

The Nutrition Support Team will also advise you on any medication that you need to take.

Fluid

People with short bowel syndrome can become dehydrated very easily, this is because most of the fluid that you drink cannot be absorbed and passes out of your body as diarrhoea or a high stoma output. As your body tries to prepare to absorb the liquid you have drunk more fluid goes into the bowel and often the fluid that is lost is more than the fluid that you have drunk. You will become increasingly thirsty as you get dehydrated.

To stop this happening you need to drink less not more. The more you drink the more dehydrated you will become.

- You need to recognise the symptoms of dehydration such as thirst, dizziness, reduced urine (wee) production, tiredness.
- If you are dehydrated you may need to drink a salty solution (double strength diarolyte) to make you feel better.
- You may be asked to follow a fluid restriction. Your fluid restriction includes all drinks, e.g. tea coffee, water, fruit juice, alcohol. It also includes liquid foods such as soup, custard, gravy, ice cream, jelly and yoghurt.

Your fluid allowance is _____ per day

In addition to your fluid allowance, you need to drink double strength diarolyte. To make this you need to add 1 sachet of diarolyte to 100ml of water.

Aim to drink _____ ml of diarolyte
(to make this use _____ sachets of diarolyte in ____ ml water.

Try to drink this throughout the day.

The drink may be more palatable if it is cold so keep in the fridge, some people find it easier to drink through a straw.

Diet

Your diet is important to help you stay healthy. Your diet needs to be:

- low in fibre
- high in energy
- high in fat
- high in protein, and
- high in salt

Fibre

You will need to follow a low fibre diet. This will help your bowel have time to absorb the nutrition in the food you eat.

Fibre is a natural part of plants and is in all fruit and vegetables.

Foods to avoid:

- Wholegrain and brown breads, cereal, rice and pasta;
- Foods containing nuts, seeds and dried fruit, e.g. some breads, sweets, chocolates, cakes;
- High fibre cereal, Bran flakes, Allbran, Shredded Wheat, Shreddies, Weetabix, muesli;
- All fruit and vegetables;
- Pulses, beans, nuts and lentils.

Foods allowed:

- White bread, pasta and rice, cous cous;
- Potato with no skins;
- Milk, yoghurt, eggs, cheese;
- Chicken, pork, beef, lamb and fish;
- Cakes, biscuits (no nuts or fruit);
- Boiled sweets, jelly sweets, chocolate (no nuts or seeds);
- Seed-free jam and marmalade, Marmite, Bovril, honey, lemon curd;

- Salt and pepper;
- Spices and dried herbs;
- Butter, oil, mayonnaise, ketchup.

Food fortification

Try the following to add extra energy (calories) to the food you eat:

- Add sugar, honey, jam to drinks, cereals and puddings;
- Add butter, margarine or olive oil to potatoes, rice, bread and vegetables;
- Add salad cream or mayonnaise to sandwiches;
- Add cream (counts towards your fluid allowance) to puddings and cereals;
- Add grated cheese or full fat soft cheese to meals.

Some menu ideas to try

Ideas for breakfast

- Cornflakes/Rice Krispies with milk and sugar;
- Buttered white toast with seedless jam;
- Egg on white toast.

Ideas for main meals

- Roast beef with mashed potato, Yorkshire pudding and gravy;
- Spaghetti in creamy ham sauce;
- Boneless fish in white sauce with rice;
- Baked chicken and cous cous;
- Pasta served with tomato sauce and grated cheese;
- Sausages and mashed potato;
- Shepherds pie;
- Steamed salmon with butter and new potatoes.

Ideas for snack meals

- Macaroni cheese;
- Toasted tuna sandwich;
- Ham omelette with white bread roll.

Ideas for between meal snacks

- Plain or cheese scones;
- Crumpets and seedless jam;
- Cream crackers with meat pate or soft cheese;
- Rich tea biscuits;
- White toast with Marmite.

Ideas for deserts

- Sponge cake (no nuts or fruit);
- Chocolate;
- Cheese and crackers;
- Cheesecake.

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