**Eating and drinking with a high output stoma: What you need to know**

### Fluid intake

Restrict normal oral fluids to 500 - 1000mL per day. This includes:

- Water
- Fruit juice, soft drink and cordial
- Tea and coffee
- Cows milk and soy milk
- Thickened fluids
- Nutritional supplements (you should sip on these drinks slowly throughout the day)

Sip St Mark’s solution throughout the day to achieve your fluid needs.

- Start with 500mL per day and increase to up to 1500mL per day.

### Food intake

- Take gut slowing medications 30 minutes prior to meals
- Thoroughly chew foods
- Choose soft foods, low in fibre
- Avoid spicy meals
- Add salt to meals and eat salty snacks (either from home or hospital) e.g- jatz and cheese, potato chips.
- Limit desserts (e.g cakes, puddings) and confectionery (e.g lollies, mints, chocolate)
- Have fluids **at least** 30 minutes before or after food