

# What if...

## you get wind?

## What is wind?

Wind or flatulence is the release of intestinal gas through your stoma.

## What can cause wind?

- *Swallowing air whilst eating or talking*
- *Fermentation of food by bacteria, a natural process of digestion*
- *Some food and drinks*
- *Chewing gum*
- *Some laxatives*
- *Long periods without food*
- *Smoking.*

## Hints and tips

- *Eat regularly*
- *Don't eat and drink at the same time*
- *Don't talk and eat at the same time*
- *Try not to smoke*
- *Don't chew gum*
- *Sit down to enjoy your food in a relaxed and calm environment*
- *Try not to eat large meals late in the evening.*

# What if...

## you get wind?

*The foods and drinks listed below are some of the most common wind causing culprits, and you may wish to limit your intake of these.*

- *Green beans, broccoli, cabbage, spinach, sprouts*
- *Parsnips, turnips*
- *Baked beans, peas, sweetcorn*
- *Onions, garlic, mushrooms, cucumber*
- *Some fresh or dried fruits such as banana, apricots etc.*
- *Eggs*
- *Spicy foods*
- *Foods high in insoluble fibre*
- *Grains*
- *Fizzy drinks, beer and lager.*

*Introduce any of these foods and drinks into your diet gradually. Not everything listed will cause you to have wind problems.*

*Keep a food diary to identify the foods or drinks that could be causing you to have an increased amount of wind.*

*The food and drink listed below can help you avoid wind.*

- *Peppermint tea or peppermint oil in hot water*
- *Fennel to eat or drink*
- *Cinnamon to eat or drink (but not if you are pregnant)*
- *Probiotic yogurts or drinks*
- *Always drink plenty of water.*

**If you have been prescribed laxatives do not stop taking them without first discussing it with your doctor or stoma care nurse.**