

# post ileostomy reversal diet

**post ileostomy reversal diet** is a critical aspect of recovery following the surgical procedure to reconnect the intestines after an ileostomy. Proper nutrition plays a vital role in healing, restoring bowel function, and minimizing complications such as diarrhea, dehydration, and nutrient deficiencies. This article provides a comprehensive guide to managing dietary intake after ileostomy reversal, focusing on foods to include, foods to avoid, and strategies to promote digestive health. Emphasis is placed on gradually reintroducing various food groups, maintaining hydration, and understanding how certain nutrients affect the digestive system during this recovery phase. Healthcare providers often recommend tailored dietary plans, and this article synthesizes best practices and nutritional guidelines to support patients through this transition. The following sections cover key topics including the importance of a balanced diet, hydration management, common dietary challenges, and practical meal planning tips for optimal recovery.

- Understanding Post Ileostomy Reversal Diet
- Foods to Include in the Diet
- Foods to Avoid After Ileostomy Reversal
- Hydration and Electrolyte Management
- Common Digestive Issues and Dietary Solutions
- Practical Tips for Meal Planning and Eating Habits

## Understanding Post Ileostomy Reversal Diet

Following ileostomy reversal surgery, the digestive system undergoes significant changes as it readjusts to normal bowel function. A **post ileostomy reversal diet** aims to support this adjustment by providing adequate nutrition while minimizing gastrointestinal distress. The small intestine, which previously diverted waste through the stoma, now resumes its role in digestion and absorption, often requiring a period of adaptation. Patients may experience altered bowel movements, including increased frequency or loose stools, necessitating careful dietary choices. The goal of the diet is to gradually reintroduce a variety of foods to promote intestinal healing, restore nutrient balance, and improve overall digestive comfort. Medical professionals emphasize the need for a phased approach to diet progression, starting with easily digestible foods and slowly incorporating more complex items as tolerated.

## Physiological Changes After Ileostomy Reversal

After the reversal, the colon, which plays a vital role in water absorption, resumes its

function but may initially be less efficient. This can result in looser stools and increased output. The small intestine may also adapt by altering absorption capacity. These physiological changes highlight the importance of a carefully regulated diet to avoid complications such as dehydration and electrolyte imbalances.

## Role of Nutrition in Recovery

Nutrition supports tissue repair, immune function, and energy needs during recovery. A well-balanced **post ileostomy reversal diet** ensures sufficient intake of macronutrients (carbohydrates, proteins, and fats) and micronutrients (vitamins and minerals) essential for healing. Moreover, dietary fiber intake must be managed cautiously to prevent irritation and excessive bowel activity in the early stages.

## Foods to Include in the Diet

Choosing the right foods after ileostomy reversal can facilitate healing and improve bowel function. A diet rich in nutrient-dense, easily digestible foods is recommended initially, progressing to a more varied diet as tolerance increases. Incorporating specific food types can help manage stool consistency and provide necessary hydration and energy.

## Recommended Food Groups

- **Low-fiber fruits and vegetables:** Such as bananas, peeled apples, carrots, and cooked zucchini, which are gentle on the digestive tract.
- **Lean proteins:** Including skinless poultry, fish, eggs, and tofu to support tissue repair without excessive fat intake.
- **Refined grains:** White rice, white bread, and pasta that are easier to digest compared to whole grains.
- **Dairy in moderation:** For those who tolerate lactose, low-fat yogurt and cheese can provide beneficial probiotics and calcium.
- **Healthy fats:** Such as olive oil and avocado in small amounts to promote nutrient absorption without causing digestive upset.
- **Hydrating fluids:** Including water, electrolyte solutions, and clear broths to maintain hydration and replenish minerals.

## Gradual Reintroduction of Fiber

Fiber is an essential component of a healthy diet but should be introduced slowly after

ileostomy reversal. Initially, low-fiber foods help minimize bowel irritation. Over time, soluble fibers found in oats, apples, and carrots can be added to improve stool consistency and promote gut health. Insoluble fibers should be added with caution, as they can increase stool bulk and frequency.

## Foods to Avoid After Ileostomy Reversal

Certain foods can exacerbate digestive symptoms such as diarrhea, gas, or cramping during the recovery phase. Avoiding these foods helps reduce discomfort and supports the healing process. Patients are advised to monitor their individual tolerance and consult healthcare providers when uncertain.

### Commonly Problematic Foods

- **High-fiber raw vegetables:** Such as broccoli, cauliflower, and cabbage that can cause gas and bloating.
- **Spicy and greasy foods:** These may irritate the intestinal lining and increase bowel motility.
- **Legumes and beans:** Known for causing excessive gas and discomfort during digestion.
- **Carbonated beverages and caffeine:** Which can stimulate the intestines and lead to loose stools.
- **Alcohol:** Can dehydrate the body and irritate the digestive tract.
- **Nuts and seeds:** Due to their high fiber and fat content, potentially difficult to digest.

### Food Sensitivities and Allergies

Some patients may develop temporary or persistent sensitivities to specific foods after ileostomy reversal. Identifying and avoiding these triggers is important to prevent adverse reactions and maintain nutritional status. Food diaries and professional guidance can aid in pinpointing problematic items.

### Hydration and Electrolyte Management

Maintaining proper hydration and electrolyte balance is crucial after ileostomy reversal due to increased intestinal output and changes in absorption. Dehydration is a common concern, and patients must be proactive in managing fluid intake to prevent complications.

## Importance of Hydration

Increased bowel movements can lead to significant fluid loss, making it essential to consume adequate fluids throughout the day. Water should be the primary source of hydration, complemented by oral rehydration solutions or electrolyte-rich beverages when necessary.

## Electrolyte Replacement

Electrolytes such as sodium, potassium, and magnesium may be depleted due to frequent stools. Including foods rich in these minerals, such as bananas, potatoes, and broth-based soups, can help maintain balance. In some cases, supplementation may be required under medical supervision.

## Common Digestive Issues and Dietary Solutions

After ileostomy reversal, patients may face several digestive challenges. Understanding how to manage these issues through diet can improve comfort and promote recovery.

### Diarrhea Management

Loose stools are common initially. To manage diarrhea, patients should consume binding foods like bananas, white rice, and applesauce while avoiding irritants. Small, frequent meals can also help regulate bowel function.

### Gas and Bloating

To reduce gas, it is advisable to avoid gas-producing foods such as beans, carbonated drinks, and certain vegetables. Eating slowly and chewing food thoroughly can also minimize air swallowing and bloating.

### Fatigue and Nutrient Deficiencies

Fatigue may result from nutrient malabsorption. Ensuring adequate protein, iron, and vitamin intake through diet or supplements supports energy levels and overall health.

## Practical Tips for Meal Planning and Eating Habits

Implementing effective meal planning and mindful eating practices can enhance the success of a **post ileostomy reversal diet**. Consistency and gradual progression are key factors in adapting to the new digestive conditions.

## **Meal Planning Strategies**

- Start with small, frequent meals to reduce the burden on the digestive system.
- Incorporate a variety of food textures and flavors cautiously to assess tolerance.
- Keep a food journal to track reactions and identify problematic foods.
- Prepare meals with simple cooking methods such as steaming, boiling, or baking.
- Ensure balanced macronutrient distribution to support energy and healing.

## **Eating Habits for Better Digestion**

Eating slowly, chewing food thoroughly, and avoiding excessive fluid intake during meals can improve digestion and reduce symptoms. Avoiding lying down immediately after eating also assists in normal digestive processes.

## **Frequently Asked Questions**

### **What foods should I avoid immediately after ileostomy reversal?**

Immediately after ileostomy reversal, it is advisable to avoid high-fiber foods, spicy foods, greasy or fatty foods, and carbonated beverages as they can be hard to digest and may cause discomfort or diarrhea.

### **How soon can I return to a normal diet after ileostomy reversal?**

Most patients can gradually return to a normal diet within 4 to 6 weeks after ileostomy reversal, but it's important to reintroduce foods slowly and monitor tolerance. Always follow your healthcare provider's specific recommendations.

### **Are there specific foods that help with recovery after ileostomy reversal?**

Yes, easily digestible foods such as cooked vegetables, lean proteins, white rice, bananas, and applesauce can help support recovery. Staying hydrated and eating small, frequent meals is also beneficial.

## Can I eat fiber-rich foods after ileostomy reversal?

Fiber-rich foods can be reintroduced gradually after ileostomy reversal once your digestive system has adjusted. Start with soluble fiber sources like oats and peeled fruits before moving on to insoluble fiber, and monitor how your body responds.

## How much water should I drink after ileostomy reversal?

It is important to stay well-hydrated after ileostomy reversal, typically aiming for at least 8 to 10 glasses of water per day, as the digestive system adjusts and to help prevent dehydration from changes in bowel habits.

## When should I consult a doctor about diet issues post-ileostomy reversal?

You should consult your doctor if you experience persistent diarrhea, dehydration, severe abdominal pain, or inability to tolerate foods several weeks after ileostomy reversal, as these may indicate complications or the need for dietary adjustments.

## Additional Resources

### 1. *Eating Well After Ileostomy Reversal: A Practical Guide*

This book offers comprehensive advice on how to transition back to a normal diet following ileostomy reversal. It includes meal plans, recipes, and tips to manage digestion and avoid common post-surgery complications. Readers will find guidance on balancing nutrients while minimizing gastrointestinal discomfort.

### 2. *The Post-Ileostomy Reversal Diet Handbook*

Focused on nutritional strategies after ileostomy reversal, this handbook provides detailed information on foods to incorporate and foods to avoid. It emphasizes gradual dietary adjustments and highlights the importance of hydration and fiber intake. The book also covers symptom management for common issues like diarrhea and bloating.

### 3. *Healing Foods for Post-Ileostomy Reversal Recovery*

This book explores the role of specific foods in promoting healing and restoring digestive health after ileostomy reversal. It includes scientific insights into gut health and practical advice for meal preparation. Readers will learn how to select foods that support intestinal recovery and overall wellness.

### 4. *Post-Ileostomy Reversal Nutrition: Recipes and Tips*

A recipe-focused guide designed to help patients enjoy tasty and safe meals after ileostomy reversal surgery. It provides easy-to-follow recipes tailored to sensitive digestion and offers tips for managing portion sizes and eating schedules. The book also addresses common dietary challenges faced during recovery.

### 5. *Navigating Your Diet After Ileostomy Reversal*

This book serves as a roadmap for patients adjusting their diet post-ileostomy reversal. It

discusses the importance of monitoring symptoms and adapting food choices accordingly. The author provides practical advice on reintroducing fiber, managing hydration, and maintaining balanced nutrition.

#### *6. The Gut-Friendly Post-Ileostomy Reversal Diet*

Focused on gut health, this book offers strategies to soothe and strengthen the digestive system after ileostomy reversal. It explains how to identify trigger foods and introduces anti-inflammatory dietary options. The book also includes lifestyle recommendations to complement dietary changes.

#### *7. From Surgery to Sustenance: Diet After Ileostomy Reversal*

This guide bridges the gap between surgical recovery and long-term dietary habits. It offers insights into how the digestive system changes post-reversal and how diet can support adaptation. The book includes meal planning advice, nutrient timing, and tips for preventing nutritional deficiencies.

#### *8. Rebuilding Your Diet After Ileostomy Reversal*

An empowering resource for patients seeking to regain control over their eating habits after surgery. It emphasizes mindful eating, gradual food reintroduction, and symptom tracking. The book also provides motivational support to help readers stay committed to their recovery journey.

#### *9. Post-Ileostomy Reversal Diet and Lifestyle Guide*

Combining dietary advice with lifestyle modifications, this book helps patients optimize their recovery and quality of life. It covers stress management, physical activity, and sleep hygiene alongside nutritional guidance. Readers will find holistic strategies to support digestive health and overall wellbeing.

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independence, and other undesirable outcomes. In response, this book offers surgeons, geriatrists and nurses state-of-the-art surgical approaches and essential information on the complex perioperative care of the elderly.

**post ileostomy reversal diet:** Difficult Decisions in Colorectal Surgery Konstantin Umanskiy, Neil Hyman, 2024-01-08 This thoroughly revised second edition reflects the exponential growth in the complex field of decision making in colorectal surgery, since the first edition published in 2017. Recommendations are based on newly published data and this book has 30% new additions with 58% chapters completely rewritten by new authors. The chapters in each volume adhere to a specific format. This approach provides uniformity to the presentations, making it possible to identify useful material at a glance. Covering new technology, brief chapters are multi-authored, and each devoted to one or two specific questions or decisions within that specialty that are difficult or controversial. Physicians from nonsurgical specialties give alternative and competing therapies for what was once the exclusive province of the surgeon.

**post ileostomy reversal diet:** *The Ileoanal Pouch* Janindra Warusavitarne, Zarah Perry-Woodford, 2018-11-07 This book gives a comprehensive overview of surgery that results in creating an ileoanal pouch or continent ileostomy. It deals with the entire journey of pouch surgery starting from patient selection and counselling to technical tips and tricks and ending in managing pouch function and failure. Containing a patient experience section this volume helps clinicians better understand what a patient expects from the ileoanal pouch. This is a very specialised topic but one that is covered very poorly and this book has the potential to consolidate all that is known about the topic to provide a comprehensive overview on the surgery and its consequences.

**post ileostomy reversal diet:** **Adult Short Bowel Syndrome** Mandy L. Corrigan, Kristen Roberts, Ezra Steiger, 2018-10-09 Adult Short Bowel Syndrome: Nutritional, Medical, and Surgical Management serves as a practical guide to the medical, surgical and nutritional care of complex patients with Short Bowel Syndrome (SBS), providing information on SBS with the most up-to-date, evidence-based data available. Additionally, the book presents global perspectives and highlights emerging areas of research that are influencing the care of patients with SBS. Intended for nutritionists, dieticians, physicians (specifically, general practitioners, gastroenterologists, and surgeons), nurse practitioners, pharmacists, students and researchers, this book serves as a quick reference on the medical, surgical and nutritional care of complex patients with short bowel syndrome. - Presents emerging areas of research related to Short Bowel Syndrome (gut microbiome, pre/probiotics), as well as current applications in clinical practice - Compiles an overview, classification and complications of the Short Bowel Syndrome disease state - Contains effective dietary concepts (including rationale and use of oral rehydration solutions) for managing malabsorption caused by Short Bowel Syndrome - Includes medical and pharmaceutical management techniques to compliment nutrition interventions - Discusses surgical options for consideration in patients with Short Bowel Syndrome - Highlights international perspectives on treatment and care

**post ileostomy reversal diet:** Surgery Morning Report: Beyond the Pearls E-Book Austin D. Williams, Jonathan Gefen, Barry D. Mann, 2019-07-03 Surgery Morning Report: Beyond the Pearls is a case-based reference that covers the key material included on the USMLE Step 2 and Step 3, as well as the surgery clerkship. Focusing on the practical information you need to know, it teaches how to analyze a clinical vignette in the style of a morning report conference, sharpening your clinical decision-making skills and helping you formulate an evidence-based approach to realistic patient scenarios. - Each case has been carefully chosen and covers scenarios and questions frequently encountered on the Surgery boards, shelf exams, and clinical practice, integrating both basic science and clinical pearls. - Beyond the Pearls tips and secrets (all evidence-based with references) provide deep coverage of core material. - Morning Report/Grand Rounds format begins with the chief complaints to the labs, relevant images, and includes a pearl at the end of the case. Questions are placed throughout the case to mimic practical decision making both in the hospital and on the board exam. - Written and edited by experienced teachers and clinicians; each case has



been reviewed by board certified attending/practicing physicians.

**post ileostomy reversal diet: Manual of Total Mesorectal Excision** Brendan Moran, Richard John Heald, 2013-05-09 Manual of Total Mesorectal Excision is the authoritative manual for the trainee and qualified surgeon, covering every aspect of total mesorectal excision for rectal cancer. Written by the surgeons who pioneered and popularized TME Includes high-quality colour illustrations to detail the multidisciplinary management of rectal cancer Endorsed by the Pel

**post ileostomy reversal diet: Major Complications of Female Pelvic Surgery** Mitchel Hoffman, Tracy L. Hull, Bernard H. Bochner, 2025-03-10 This book gives a multidisciplinary perspective on complications of female pelvic surgery. The confined space of the pelvis precludes a clear separation of the pelvic surgical disciplines, and pelvic surgery is therefore multidisciplinary by nature. This work addresses this overlap by featuring three editors, one from each of the major pelvic surgery disciplines: gynecology, urology, and colorectal surgery. The chapters are broken down into medical, surgical, and procedure-related complications, and address each complication's background, prevention, recognition, and management. Written by experts in the field, this book is an easy-to-use resource for all surgeons who perform pelvic operations.

**post ileostomy reversal diet: The SAGES Manual of Metabolic and Bariatric Surgery** Omar M. Ghanem, Farah Husain, Judy Y. Chen, Robert B. Lim, Matthew Kroh, 2024-12-26 Obesity is an epidemic - more than 40% of the United States population suffers from obesity and, as such, it has a high burden of weight-related conditions and diseases. Metabolic and bariatric surgery has proven to be the most effective and durable treatment of severe obesity. Technological advances including applications of laparoscopy, robotics and endoluminal techniques have rapidly advanced this field. Data and outcomes examining treatments have also improved and, as providers, we have a wide spectrum of therapeutic options to treat patients. As techniques and outcomes change rapidly, access to a comprehensive yet focused resource regarding bariatric surgery is currently limited. The third edition of this manual is designed to present a comprehensive and state-of-the-art approach to the current and future status of metabolic and bariatric surgery. Sections will address the evolution in specific treatments available to patients, initial evaluation, and selection of procedures for individual patients, the latest surgical and endoscopic techniques being employed to treat patients including data on outcomes, and future directions for therapy. In particular and unique amongst references, a major focus of this text will be on both the bariatric and metabolic bases of therapies and outcomes.

**post ileostomy reversal diet: Nutrition and Diagnosis-related Care** Sylvia Escott-Stump, 2008 Provides timely, pertinent medical nutrition therapy information for the care of patients with over 360 diseases, disorders, and conditions.

**post ileostomy reversal diet: The ASCRS Textbook of Colon and Rectal Surgery** Scott R. Steele, Tracy L. Hull, Neil Hyman, Justin A. Maykel, Thomas E. Read, Charles B. Whitlow, 2021-11-20 This book serves as a valuable resource for surgeons and health care providers at all stages of their career caring for patients with colorectal disease. This edition provides all newly written chapters, organized around the "pillars" of colorectal disease: perioperative (including endoscopy); anorectal disease; benign disease (including inflammatory bowel disease); malignancy; pelvic floor disorders; and a "miscellaneous" section that covers aspects both inside and beyond the operating room. Chapters are formatted to follow that of a "how to" manual as well as an algorithm-based guide to allow the reader to understand the thought process behind a proposed treatment strategy. By making use of evidence-based recommendations, each chapter includes not only background information and diagnostic/therapeutic guidelines, but also provides operative technical details and perioperative "tips and tricks" that are utilized in the management of these complex surgical challenges. Chapters also include the assessment of risk and methods utilized to minimize perioperative complications. In addition, the book incorporates sections covering the medical and surgical therapies for abdominal, pelvic and anorectal disease. Written by experts in the field from around the world, The ASCRS Textbook of Colon and Rectal Surgery 4th Edition exposes the many critical gaps in our knowledge base and inspires the next generation to answer them

through thoughtful and high level scientific inquiry.

**post ileostomy reversal diet: Stoma Care** Jennie Burch, 2008-09-15 Stoma Care is a comprehensive and authoritative guide for all nurses and health care professionals with an interest in bowel conditions that may lead to stoma formation. It explores the anatomy and physiology of the urinary and gastrointestinal system, and looks at topics including familial adenomatous polyposis, continence issues, nutrition, and conditions leading to stoma formation, complications, fistulae and intestinal failure. It also discusses the role of the nurse in surgery and in pre-and post-operative care.

**post ileostomy reversal diet: Rapid Surgery** Cara R. Baker, George Reese, James T. H. Teo, 2011-11-30 This pocket reference and revision guide is a must for all medical students and junior doctors preparing for major surgical exams or needing a rapid reminder during a clinical attachment. Thoroughly updated, this new edition has been re-ordered by body systems with key surgical presentations ordered alphabetically within each section for ease of reference. Now with important new topics including bariatric surgery, endovascular techniques, nutrition, SIRS and sepsis, Rapid Surgery presents up-to-date knowledge succinctly for easy and rapid access to information.

**post ileostomy reversal diet: Contemporary Nutrition Support Practice** Laura E. Matarese, Michele M. Gottschlich, 2003 This comprehensive reference covers the principles and practices of nutrition support, with an emphasis on safety, efficacy, and science-based medicine. Chapters throughout this new edition have been updated to include the most timely information, and an enhanced organization and new internal design highlight key content. Designed for the nutrition support dietitian, this practical guide addresses the collaborative efforts of other members of the nutrition support team as well. Up-to-date and comprehensive clinical information is supported by extensive references from scientific literature. Nutrition support is covered throughout the lifecycle, in specific system disorders such as hepatic and renal failure, in general system disorders such as HIV disease and obesity, and in physiologic stress situations such as bone marrow and stem cell transplantation. Expert knowledge and experience is provided from over 60 distinguished contributors. Useful appendices cover normal weight and body fat by means, standard deviations, and percentiles for men and women. A new design with tables, boxes, and figures provides easier access to information. Chapters have been reorganized to present content more efficiently. Consistent headings throughout the text organize content more effectively. A new pocket guide companion - packaged with each copy of the text - includes useful facts, formulas, and equations from the main text.

**post ileostomy reversal diet: Specialist Training in Gastroenterology and Liver Disease** Richard G. Long, Brian B. Scott, 2005 Written for doctors starting their career in gastroenterology, this text presents a succinct account of the subject concentrating on diagnostic techniques, treatment and management. Throughout use is made of colour photographs, drawings, lists and tables. The aim is to provide a 'bridge' between introductory undergraduate texts and the very large and expensive major reference works. Evidence-based treatment options are given and integrated and referenced. A detailed list of further reading is also provided.

**post ileostomy reversal diet: Operative Colorectal Surgery** George E. Block, A. R. Moossa, 1994 A definitive review of surgical diseases that affect the colon, rectum, anus, and perineum. This clinical text emphasizes the preoperative preparation, planning of surgical strategies, performance of the operation, and the postoperative care specific for each operation on the large bowel--all supplemented with excellent illustrations. Plus, potential pitfalls are discussed, along with various pathophysiologic, etiologic, and clinical presentations accompanying the descriptions of the operative procedures when appropriate.

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**post ileostomy reversal diet:** *Principles and Practice of Robotic Surgery - E-Book* Tony Costello, 2023-07-04 Robot-assisted surgery, soon to be incorporated into most surgical disciplines, can reduce postoperative complications by up to 50%, and has been shown to result in reduced blood loss, earlier hospital discharge, and faster return to normal activity for the patient. Edited by master surgeon Tony Costello, and with contributions from the world's best and most experienced robotic surgeons worldwide, *Principles and Practice of Robotic Surgery* is an up-to-date, all-in-one reference that provides step-by-step instruction for practicing surgeons and those who are entering robotic surgery training. This first-of-its-kind text discusses new technologies and their application in each surgical subspecialty, with hundreds of outstanding illustrations and high-quality videos—making this an ideal resource for the entire OR team. - Covers every aspect of nearly all current adult and pediatric robotic surgeries in all surgical disciplines. - Includes key topics such as robotic anesthesia, operating room prep and positioning of the equipment, certification for robotic training, and the use of artificial intelligence and virtual reality in the present and potential future use of robotic surgery. - Discusses the evolution of robotic machines with a focus on new and emerging machines for surgery and education. - Provides specific docking instructions with tips and tricks for each robotic operation. - Offers comprehensive coverage in a magnificently illustrated, single-volume book, with contributions from an international Who's Who of the world's best robotic surgeons. - Offers numerous procedural videos, including Robotic Prostatectomy: The Patel Approach; Female Pelvic Organ Sparing (POP) and Male Nerve Sparing (NS) RARC; XiXi Operating Room and Surgical Cart setup for TORS, as well as various TORS procedures; Robotic Surgery in Pediatric Otolaryngology Head and Neck Surgery; and more.

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**Student Portal Guide - Post University** Your student portal is a centralized hub for your academics, financial aid, personal and academic services, and other resources within Post University. We recommend that you create a

**Celina Post Office, TX 75009 - Hours Phone Service and Location** Celina Post Office in Texas, TX 75009. Operating hours, phone number, services information, and other locations near you

**Celina Post Office Hours and Phone Number** Celina Post Office - Find location, hours, address, phone number, holidays, and directions

**POST Definition & Meaning - Merriam-Webster** The meaning of POST is a piece (as of timber or metal) fixed firmly in an upright position especially as a stay or support : pillar, column. How to use post in a sentence

**Informed Delivery App | USPS** The Informed Delivery mobile app features all the mail and package management essentials you love, at your fingertips