After some introduction, I am going to prove the following generalization of a result due to J. Brendle:

Theorem. If $\mathcal{I}$ is an analytic or coanalytic ideal on ω and a forcing notion $\mathbb{P}$ adds new reals, then

$$V^{\mathbb{P}} \models \text{“}\mathcal{I}^+ \cap V \text{ has an } \mathcal{I}\text{-almost disjoint refinement”}.$$

In other words, there is a family $\{A_X : X \in \mathcal{I}^+ \cap V\} \subseteq \mathcal{I}^+$ in $V^{\mathbb{P}}$ such that (i) $A_X \subseteq X$ for every X and (ii) $A_X \cap A_Y \in \mathcal{I}$ if $X \neq Y$.