

OSTOMY CARE

INTRODUCTION

This chart is designed to help you understand the definition of an ostomy, all with the day-to-day care, and offer helpful facts in ostomy management. After a recovery time of a month or two, most people resume their normal life styles. Your doctor, ostomatology therapist (OT) or medical professional should always be consulted if problems arise, or if you have any concerns regarding the stoma, the skin surrounding the stoma, or your pouching system.

WHAT IS AN OSTOMY?

An ostomy is necessary when normal function of the bowel or bladder is lost.

- It is a **surgical opening** in the abdomen where the intestine is brought up through the abdominal wall, and a stoma is created.
- Its purpose is to divert waste to the outside of the body, where it can be expelled into a pouch. Normal recovery time for this procedure is 6-8 weeks.



- Colectomy
- Ileostomy
- Continent Diversion
- Urostomy

FYI:

There are no nerve endings in the stoma, so there is little or no sensation or feeling. About 6-8 weeks after surgery, your stoma will shrink to its permanent size. When cutting the pattern hole in the wafer, you may need to adjust the size over time. If you wear a pre-cut opening, you may need to change the pouching system altogether.

COLECTOMY

Colectomy: A portion of the large intestine is removed or by-passed. The remaining portion of the functioning large intestine (colon) is brought through the abdominal wall, creating a stoma.

- When the ostomy is temporary, the surgery bypasses a portion of the colon that is damaged in order to expedite healing.
- When the ostomy is permanent, it restores the function of that portion of the colon that was removed.
- The most common reasons for a permanent ostomy are **colon cancer, rectal cancer or trauma.**
- The output from a colectomy stoma will vary in consistency from watery and gassy to firm, depending on the location in the colon where the surgery was performed.

ILEOSTOMY

The Ileostomy: The entire colon, rectum, and anus are removed or by-passed. The small intestine (ileum) is brought through the abdominal wall, creating an external stoma.

- The most common conditions necessitating an ileostomy are **Crohn's disease, ulcerative colitis, cancer or trauma.**
- The output from the ileostomy (stoma) can range from watery to pasty and requires that a collection pouch be worn at all times.
- Diarrhea may be a frequent problem and can lead to dehydration. It is important to drink plenty of fluids to remain well hydrated.

CONTINENT DIVERSIONS (FECAL)

- An **internal continent** with a sphincter valve is constructed from a segment of small intestine and the valve is brought through the abdominal wall to create a stoma for resiliency to empty the reservoir/pouch.
- A **pouch or reservoir** is constructed from small intestine, which is brought down and attached to the anus. Evacuation is through the anus.

UROSTOMY

Urostomy: The bladder is removed or by-passed. A conduit is constructed from a segment of small intestine into which ureters are implanted and brought through the abdominal wall and an external stoma is created. The output will be urine.

- Situations necessitating a urostomy are **back disease, cancer, trauma or spinal cord injuries.**
- The intestine naturally produces mucus, which will be present in the urine, giving it a cloudy appearance. This does not necessarily indicate a urinary tract infection.
- Adequate fluid intake is important (at least 6-8 glasses of water a day, or 2000cc's). It's also important to keep the urine amber-colored. Drinking eight or nine glasses of water every day will help.

CONTINENT URINARY RESERVOIR

Continent Urinary Reservoir: The bladder is removed or by-passed. An **internal reservoir** is constructed from a segment of the small or large intestine into which the ureters are implanted and a stoma is created for resiliency to empty the reservoir/pouch.

PEDIATRIC OSTOMIES

- Ostomy surgery on infants and children is generally due to birth defects or trauma.
- In a newborn, crying may cause a hernia or **prolapsed stoma.**
- There are pediatric pouches available for ostomy management with infants and children.
- Some adults also use these pouching systems because of their small size.

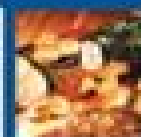
LOSS EMOTIONS

There may be some emotional distress associated with having an ostomy.

- Most communities have UOA chapters that offer support through a patient visiting program, newsletters, and regular meetings. Also some hospitals have support groups that meet on a regular basis.
- There are also web sites where you can "chat" live or log with other ostomies as well as access the different ostomy associations.
- Never hesitate to call your doctor or OT nurse for advice. They are a valuable resource that is often overlooked.

DIET

After healing is complete and the ostomy is functioning normally, most people with ostomies can return to a normal diet. The following are some dietary suggestions for controlling your output.



It is not necessary to make a life altering change when it comes to diet, but the following are some dietary suggestions for controlling your output.

- Avoid gas-producing foods such as **broccoli, cabbage or beans.** Too much gas will inflate the pouch with air, which could cause it to "pop" off.
- Foods such as **corn and whole kernel corn,** foods high in fiber and mushrooms can cause potential blockage or constipation.
- Asparagus, eggs, fish, garlic, onions and beans** are among the foods that may cause odors.
- Some bulk-causing foods are **Chinese food, popcorn, whole grains and vegetables.**
- Fresh fruit, raw vegetables, spinach and highly seasoned foods may cause diarrhea.

Ostomy Care Quickstudy Health

NELLORA. FAEN



Ostomy Care Quickstudy Health:

Ostomy Care BarCharts Publishing, Inc.,2002-05-22 This chart is designed to help the patient and caregiver understand the definition of an ostomy aid in the day to day care and offer helpful hints in ostomy management **Coping with Crohn's and Colitis** Melissa G. Hunt,2021-11-11 This practical guide provides patients who have inflammatory bowel disease IBD with cognitive behavioral therapy CBT strategies for coping with IBD It teaches a number of skills that can make coping with Crohn s or colitis easier Chapters provide an overview of Crohn s and colitis as well as the interplay between stress and the gut before offering strategies on relaxation training physical activity managing stress and avoidance diet and nutrition and medical treatment options The book also emphasizes the importance of the doctor patient relationship and helps patients learn how to think about medical management including the possibility of surgery to minimize anxiety from catastrophic thoughts and balance potential risks and benefits appropriately Dr Hunt challenges readers to engage in specific behavioral experiments to reduce shame and stigma and highlights practical applications with case illustrations and clinical vignettes This book can be used as a standalone self help book or in conjunction with practitioners during in person therapy **An Introduction to Stoma Care** Coloplast Ltd,1999 **Prescription for Better Health - Ostomy Care** Rush University Medical Center. Patient Education Planning and Development Oversight Committee,2011 List of videos that will help the patient understand how to care for ostomy at home **Ostomy Care** Speedy Publishing LLC,2014-06-20 The aftereffects of having bowel or intestinal surgery where the system is bypassed and thus a colostomy bag is used for bodily waste removal requires proper care as using the bags and accessories to hold the bag in place are tricky to master It is highly beneficial for those new to having a colostomy to have a detailed guide to help them better understand how to work with the bag and how to best care for the bag itself for comfort and sanitary purposes **Ostomy Care (Speedy Study Guides)** Speedy Publishing,2014-07-03 Whether it is a colostomy urostomy or ileostomy a pamphlet on how to care for an ostomy is very beneficial to a person with the ostomy as well as their loved ones There are several pamphlets available online a stoma nurse or doctor for those who are new to their stoma and its care These pamphlets cover areas such as activities body image diet and nutrition work issues and intimate relationships Other pamphlets on ostomy care include instructions on how to change the appliance how often to change it and what to do when the ostomate experiences a leak in their appliance

Stoma Care Nursing The Complete Guide Alexandre Carewell,2023-11-07 Immerse yourself in the fascinating world of stomatherapy with this comprehensive book which takes us from the historical origins of the discipline to a bold futuristic vision of its prospects This immersive multi dimensional exploration covers not only the technical and medical aspects but also the emotional social and personal challenges faced by patients and their families There s no need for unnecessary blah blah blah this book is a comprehensive guide with very precise instructions so that you know everything and don t get lost What sets this book apart is its ability to fuse clinical expertise moving life stories and the latest advances in research and

innovation Healthcare professionals will find valuable information detailed case studies and up to date care protocols Patients and their families meanwhile will find practical advice inspiring testimonials and a heart warming glimpse of what the future holds With dedicated chapters ranging from immediate post operative care to managing daily life psychological implications and resuming physical activity this book is a comprehensive guide for anyone wishing to understand learn and immerse themselves in the world of stoma therapy Thanks to close collaboration with surgeons nutritionists psychologists and patients themselves Stoma Care Nursing The complete Guide is more than just a manual it is an invitation to an emotional and educational journey demonstrating that even in the face of adversity the human spirit with the right support can flourish Whether you are a healthcare professional seeking to hone your skills a patient looking for reassurance or simply a curious reader this book will captivate inform and deeply inspire you *Stoma Care Nursing* Catherine Elcoat,1986-01-01

Ostomy Care Mastery NELLORA. FAEN,2025-07-16 our Complete Guide to Confident and Compassionate Ostomy Management Living with an ostomy or caring for someone with one can feel overwhelming at first Whether it s a colostomy ileostomy or urostomy adjusting to life after surgery brings unique physical emotional and practical challenges But with the right knowledge tools and mindset managing ostomy care can become a smooth confident and empowering journey Ostomy Care Mastery is your all in one resource for understanding and mastering every essential aspect of ostomy management This comprehensive easy to follow guide is specially written for patients caregivers and healthcare professionals who want to improve their skills confidence and daily routines It demystifies complex medical terms and procedures offering clear explanations and actionable steps that make ostomy care less intimidating and more manageable In this book you ll discover The Basics of Ostomy Surgery Understand the different types of ostomies why they re performed and what changes to expect afterward Step by Step Daily Care Learn how to clean empty and change an ostomy pouch safely hygienically and without stress Common Challenges and Practical Solutions From skin irritation to leaks this book equips you with real world advice to handle common problems with confidence Nutrition and Lifestyle Tips Get valuable insights into how diet hydration and physical activity can support your health and well being post ostomy Emotional and Mental Health Support Learn how to cope with body image concerns anxiety and social situations while embracing a positive outlook Helpful Tools and Products Discover the best supplies appliances and accessories that make ostomy life easier and more comfortable Support for Caregivers and Loved Ones Receive guidance on how to assist someone with an ostomy while promoting dignity independence and emotional connection What sets this book apart is its compassionate tone and practical focus It doesn t just teach you the how to it supports you through the emotional journey as well Whether you re newly adjusting or have been living with an ostomy for years this guide provides clarity encouragement and expert advice for every step of the way Ostomy Care Mastery is ideal for Patients recovering from surgery or adapting to long term ostomy life Family members and caregivers providing daily support Nurses aides and home care professionals seeking practical guidance Anyone seeking

reliable easy to understand information from a trusted source Take charge of your health and well being with the guidance understanding and support offered in this empowering book You are not alone and with the right tools and knowledge you can thrive GRAB YOUR COPY NOW *A Stoma is for Life* Barbara Wade,1989

Ostomy Care Quickstudy Health Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Ostomy Care Quickstudy Health**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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