



Living a Full Life With an Ostomy

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Ostomy 101

- ☀ Ostomy: Surgically created opening to expel waste
- ☀ Stoma: part of intestine brought out of abdomen
- ☀ Pouch/ Flange: appliance used to contain waste and protect skin



???Stoma Stats???

- ★ No one really knows how many ostomates are in the US or World Wide
- ★ Estimates range from 450,000-800,000
- ★ Colostomy = ileostomy= urostomy
- ★ Average age = 68.3

Why?

- ★ Cancer: rectal, colon, bladder, cervical and other cancers of pelvic region
- ★ Inflammatory Bowel Disease
- ★ Issues @ birth: Hirschsprung's, Spina Bifida, Imperforate anus, NEC, and other genetic disorders
- ★ Neurological/ Neurogenic issues: MS, SCI
- ★ Perforation/ Trauma: accident, gun shot
- ★ Diverticulitis



Ileostomy and Colostomy

Ileostomy:

- ☀ Usually on right side
- ☀ Output is pasty
- ☀ Empty 3-5x day average
- ☀ Most common type of stoma for UC
- ☀ Risk for dehydration
- ☀ No enteric coated meds

Colostomy

- ☀ Most often on left side
- ☀ Output varies depending on what part of colon
- ☀ Sigmoid colon: formed stool
- ☀ Irrigation can be an option

Pre and Post-Op

Prior to Surgery

- ☀ Meet with ETRN
- ☀ Stoma Site marking
- ☀ Try on a pouch
- ☀ Ask questions

Post-Op

- ☀ Clear pouch
- ☀ Swollen stoma > takes 8 weeks
- ☀ Rod?
- ☀ Output
- ☀ Learning to empty
- ☀ Adjusting
- ☀ ETRN Follow-up



Ostomy Self Care

- ☀ Goal is to maintain skin and contain odor/ drainage
- ☀ Empty when 1/3 full
- ☀ Change every 5-7 days or if leaking
- ☀ If you become itchy or skin is burning, change appliance > probably leaking

Pouching Options

- ☀ 1 piece vs 2 piece
- ☀ Transparent vs opaque
- ☀ Flat vs Convex
- ☀ Moldable, Cut to Fit, Pre
- ☀ Drainable vs closed end
- ☀ Clamp vs velcro





Eating with An Ostomy

Colostomy

- ☀ No diet restrictions
- ☀ Can become constipated
- ☀ Fiber is good
- ☀ Odor and gas producing foods

Ileostomy

- ☀ Avoid raw fruits/veggies, nuts and seeds for first 8 weeks
- ☀ Risk for blockage
- ☀ Dehydration



Common Concerns

- ☀ Leaks
- ☀ Odor
- ☀ Alienation
- ☀ Noise
- ☀ Body Image
- ☀ Clothing
- ☀ Sleeping
- ☀ Dating
- ☀ Sex
- ☀ Sports
- ☀ Travel
- ☀ Leisure Activities
- ☀ Feeling Dirty

Leaks



- ☀ Most common fear
- ☀ Reason people stay home
- ☀ Empty when 1/3 full
- ☀ Pouch to match the person and lifestyle
- ☀ Fear decreases over time
- ☀ Never leave home without supplies

Is that a pouch I smell?

- Shouldn't be!

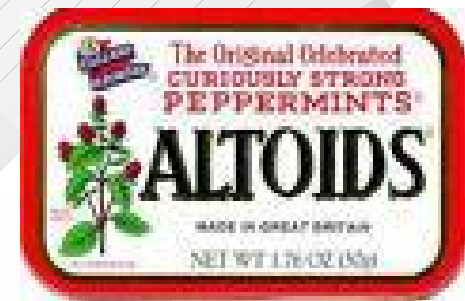
Fecal pouches are odor proof,
urine are odor resistant

- Could mean infection

- Watch what you eat

- Lots of Products Available

- Who doesn't smell when they
use the bathroom



Clothing

- ☀ No need to buy a new wardrobe
- ☀ May need to modify
- ☀ Belt line and clothing preference should be thought about when stoma site marking



Disclosure



Tell the World



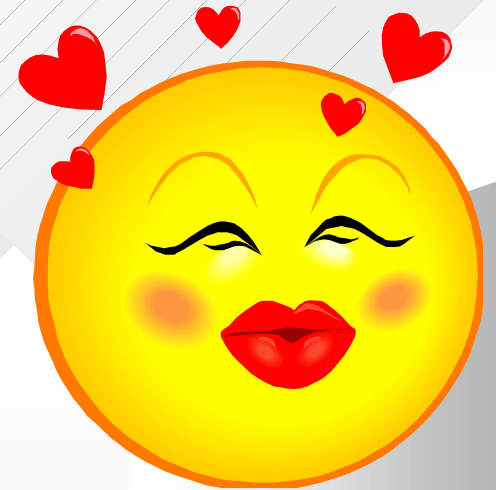
Keep your mouth shut, not a
soul needs to know!!!!

Dating



Sex

- ☀ Yes you Can, once cleared by Surgeon
- ☀ Stoma is not for sex
- ☀ Partner Won't hurt stoma
- ☀ May need to try different positions
- ☀ UOAA Free Guide %ntimacy, Sexuality, and an Ostomy+, can download off UOAA website



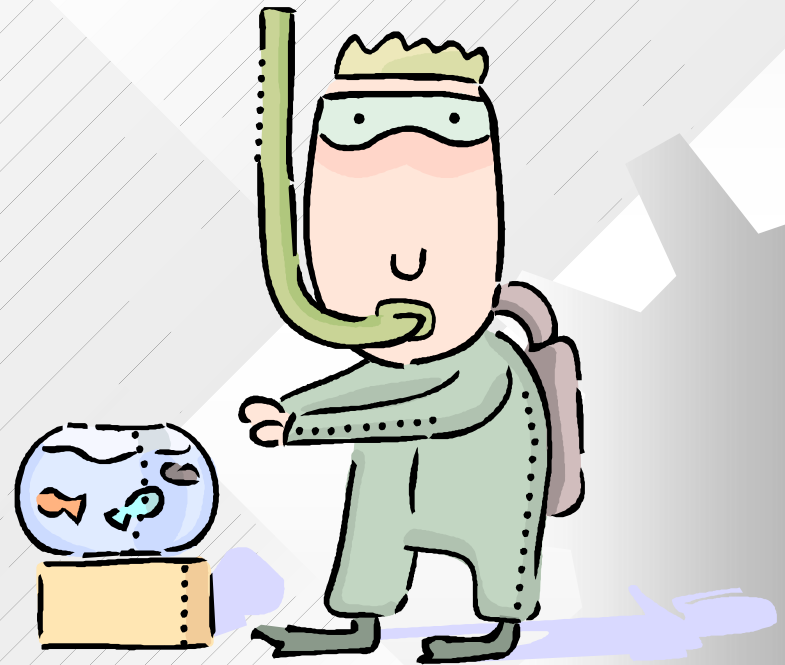
Sex

- ☀ Empty Pouch
- ☀ Ensure its well secured & not going to fall off
- ☀ Intimacy Pouch
- ☀ Cumber buns
- ☀ Split Crouch undies
- ☀ Scarves
- ☀ Birthday suit > pouch and all

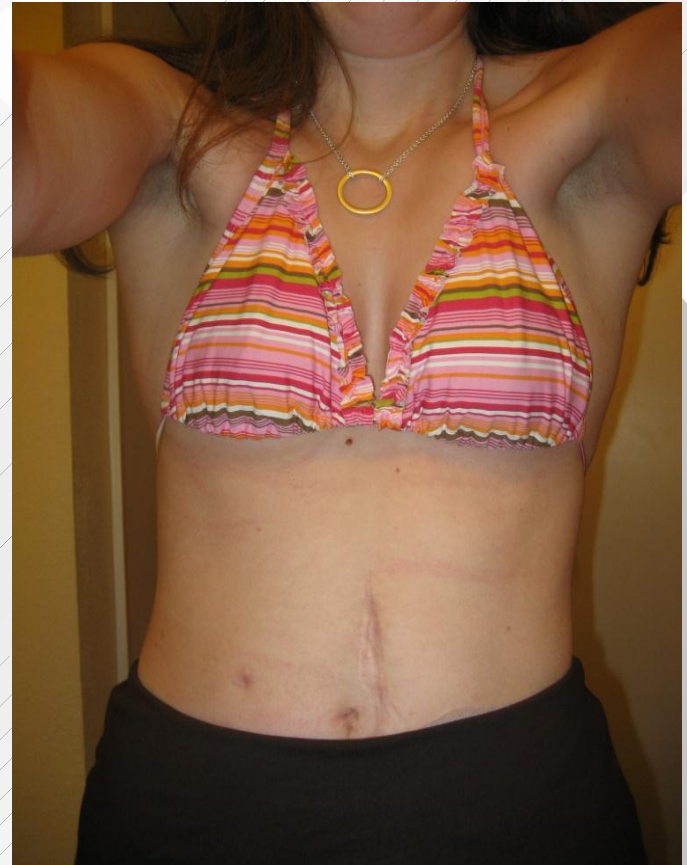


Swimming

- ☀ #1 question
- ☀ Make sure its secured
- ☀ May want waterproof tape
- ☀ Have fun
- ☀ Yes you can scuba dive



Swimming



Have Bag, Will Travel

- ★ No need to put away the suitcase
- ★ Always bring plenty of extra supplies
- ★ Keep some supplies in carry-on
- ★ If traveling abroad, may want to contact the International Ostomy Association
- ★ Scissors less than 4 inches may be carried on board with supplies
- ★ You may be patted down when going through 3D scanner



Sports

- ☀ Wait 6 weeks
- ☀ May need protective equipment
- ☀ May need a specific system
- ☀ Empty pouch and ensure its secured



Sports



Bottom Line



- ☀ There is Nothing you **CANNOT** do, even if your poo (or pee) comes out of your belly and not your bottom
- ☀ OK: everything but take a laxative if you have an Ileostomy

Helpful Links

- ★ CCFA: <http://www.ccfa.org>
- ★ UOAA: <http://www.uoaa.org>
- ★ American Cancer: <http://www.cancer.org>
- ★ International Ostomy Association (IOA):
<http://www.ostomyinternational.org>

