Colostomy Care

Enterostomal Therapy Services

Please bring this booklet to the hospital for teaching after surgery

CEAC 0403
November 2015
This booklet helps you and your family understand your surgery and ostomy care. It is a resource for you to keep and refer to with questions.

An Enterostomal Therapy (ET) nurse visits you in the hospital after your surgery. An ET nurse is a registered nurse who specializes in the care and teaching of people with an ostomy. You learn how to care for your ostomy during your hospital stay.

RQHR Enterostomal Therapy Services
Pasqua Hospital
4101 Dewdney Avenue
Regina, Saskatchewan S4T 1A5
Telephone: (306) 766-2271
Fax (306) 766-2152

Office hours: Monday to Friday 8:00 am to 4:00 pm
An appointment is required
Medical Terms

Ostomy - means “an opening made into”. A surgical opening is made and a small part of the bowel or urinary tract is moved to the outside of the abdomen. There are many types of ostomies.

Stoma - the small piece of bowel that is seen on the abdomen after surgery

Colon - large bowel

Colostomy - surgical opening made in the large bowel

Bowel or Intestine - both mean part of the digestive tract, from the stomach to the anus (can refer to small or large intestine)

Peristalsis - the forward movement of food or waste through the digestive

Stool - the waste product after digesting food, also called bowel movement
Customer Service Information

ConvaTec
555, Dr Frederik Philips, Suite 110
St-Laurent, QC H4M 2X4
Phone: 1-800-465-6302, Choose Option #1
Toll-Free Fax : 1-877-437-1777
Fax: 1-514-744-8124
www.convatec.com

Hollister Limited
95 Mary Street
Aurora, ON L4G 1G3
Phone: 1-800-263-7400 (Toll-Free)
Fax: 1-800-432-8846
www.ostomyworld.com

Coloplast Canada
#12 - 3300 Ridgeway Drive
Mississauga, ON L5L 5Z9
Customer Service - 1-800-533-0464
Fax: 1-800-729-3292
www.us.coloplast.com

Ostomy Canada Society
5800 Ambler Drive, Suite 210
Mississauga, ON L4W 4J4
Telephone: 1-905-212-7111
FAX: 1-905-212-9002
Toll Free: 1-888-969-9698
www.ostomycanada.ca

Digestive Tract

This is the mouth, esophagus, stomach, small bowel, large bowel, rectum, and anus.

Digestion begins in the mouth. Chewing and enzymes in the saliva break food down. The chewed food travels down the esophagus and into the stomach where it is churned and mixed with gastric juices before moving to the small bowel.

The small bowel or intestine is about 6 metres (22 feet) long and is divided into 3 sections - duodenum, jejunum, and ileum. Digestion continues in the small bowel. Enzymes mix with the churned food and break it into smaller particles. Nutrients are absorbed into the bloodstream and used by the body for energy and nutrition.

Digested food moves on to the large bowel or intestine. The large bowel is about 1.85 metres (6 feet) long and includes the ascending colon, transverse colon, descending colon, sigmoid colon, rectum, and anus. The large bowel reabsorbs water and salt from the waste products and stores stool. Stool is stored in the rectum until you feel the urge to have a bowel movement. Stool is passed out of the body through the anus.
Colostomy

- A colostomy can be formed in any part of the large bowel.
- The type of colostomy is named by its location in the large bowel.
- A colostomy can be permanent or temporary. Your surgeon tells you which type you have.
- Colostomy stomas are created by the surgeon in 2 ways - end or loop. This means that not all stomas are the same shape.
- An end stoma has 1 opening that stool comes out of.
- A loop stoma has 2 openings - 1 for stool to come out of and 1 to vent/drain mucous from the lower part of the large bowel.
- You will no longer have control over when your bowel functions with a colostomy because you are not using your rectum or anus.

Hearn's Westview Pharmacy
265 Bradbrooke Drive, Yorkton, S3N 3L3
Phone: (306) 783-4331   Fax: (306) 783-3775
Hollister, ConvaTec and Coloplast ostomy products

Loucks Pharmacy
115 - 41 Broadway Ave West, Yorkton, S3N 0L6
Phone: (306) 786-6636   Fax: (306) 786-6646
ConvaTec, Hollister and Coloplast ostomy products.
Descending or Sigmoid Colostomy
- You are able to use most of your large bowel.
- The stool is formed.
- Constipation or diarrhea can still occur.

Transverse Colostomy
- You are using less of your large bowel.
- The stool varies from pasty to semi-solid in consistency.

Mucous Fistula
- If your rectum was not removed during the surgery, the lower piece of bowel that is left in your abdomen may be brought to the skin surface.
- The mucous fistula provides a way for mucous produced in the lower bowel to vent/drain out.
- You may feel the urge to pass mucous through your anus from time to time.

If your rectum and anus were not removed during surgery, you may feel rectal fullness and the urge to pass stool after surgery. This is normal. You may relieve the feeling of rectal fullness by using the toilet. You may pass mucous, old blood, or stool that was not cleaned out of your bowel before surgery and mucous after that.
The Stoma

To form your stoma, your surgeon folds the small piece of bowel back like a cuff on a turtleneck sweater. Important things for you to know about your stoma are:

- Appearance - red and warm
- Texture - moist and warm, like the tissue inside your mouth
- Blood supply - is very close to the surface of the stoma. It is normal to see small traces of blood when the stoma is cleaned or rubbed.
- Slight movement - may occur as the stool passes through (peristalsis).
- Nerve endings - because there are no nerve endings in your stoma, you should not feel pain or sensation with cleaning or when it functions.
- Control - you do not have any control over the movement of stool or gas.
- Dissolvable sutures (or stitches) - around the stoma that break down and dissolve in 7 to 10 days.
- Swelling - after surgery your stoma is swollen and larger than normal. You can expect your stoma to shrink in size as it heals for about 6 to 8 weeks after surgery.
Ostomy Management

- Wear time is the length of time the pouching system can be left in place (without leakage).
- Wear time for pouching systems usually improves as you get more practice with ostomy care. The appliance needs to be changed 1 to 2 times per week.
- A pouching system should be changed if it leaks or if your skin is irritated, rather than patching with tape.
- You can bath or shower with your pouching system on or off. If your pouching system is on, allow some extra time to dry it completely before getting dressed. If you bath or shower without wearing a pouching system, ensure your pouching supplies are ready to apply after. Bathing or showering wearing only a wafer (removing the pouch) should be avoided, as the wafer breaks down more quickly from direct contact with the water.
- You may trim hair around your stoma carefully with a razor (safety or electric) or scissors to make removing the wafer/pouch easier.
- Gradually return to your normal activities after surgery. For 6 to 8 weeks after surgery, do not vacuum and do not lift more than 5 to 10 pounds (2 to 4 kg). For 6 months after surgery, do not lift more than 20 to 30 pounds (10 to 15 kg). Your surgeon may give you instructions for activity.
- After healing from ostomy surgery, your abdominal muscle wall may be weaker which may place you at risk for developing a hernia. A hernia support belt and safe exercises can be recommended by your ET nurse.
Ostomy Management
(Continued)

- Extra ostomy supplies should be carried with you in your purse or car. For airplane travel, you should carry an extra prepared ostomy pouch with you and the rest of your supplies in your luggage (scissors are not permitted in your carry-on bag).
- Ostomy pouching systems are odour proof if:
  - the pouch is changed regularly
  - the pouch is emptied when 1/3 full
  - the pouch has no flaws or pinholes
  - the tail portion of the pouch is kept clean
  - a reliable seal is obtained.
- To empty the pouch, unroll the interlocking fastener by lifting at the corners and unraveling the fold 3 times. Open the tail end by pushing both ends of the outlet together with your thumb and forefinger. Empty contents into toilet. Pouch tail may be wiped clean with tissue or mild soap and warm water. Roll tail up to close and press firmly on interlocking fastener.

Medications
It is important to tell your health care provider and pharmacist about your ostomy before taking any new medication. The type of ostomy you have may affect the medication prescribed. Certain vitamins, antibiotics, and other medications may affect the colour or consistency of stool.

You can still experience diarrhea or constipation with a colostomy. Medications containing codeine may cause constipation. Consult your doctor, pharmacist, or ET nurse for advice with managing or preventing constipation. Stool softeners may be necessary.

Southland Co-operative Ltd. Pharmacy
409 Center Street, PO Box 490, Assiniboia, SOH 0B0
Phone: (306) 642-4766   Fax: (306) 642-4606
Hollister, ConvaTec, Coloplast products. Will special order to meet customer needs.

Shoppers Drug Mart 433
424 Centre Street, Box 10, Assiniboia, SOH 0B0
Phone: (306) 642-7370   Fax: (306) 642-3157
Hollister, ConvaTec, and Coloplast ostomy products

Baber’s Pharmasave
130 Main Street, Balcarres, S0G 0C0
Phone: (306) 334-2424   Fax: (306) 334-2539
ConvaTec, Coloplast, and Hollister ostomy products

Canora Pharmacy Ltd.
Box 779, Canora, S0A 0L0
Phone: (306) 563-5411   Fax: (306) 563-5274
ConvaTec, Hollister ostomy product. Special order upon request

Carnduff Drug Mart
101 Broadway, Box 669 Carnduff, S0C 0S0
Phone: (306) 482-3637, 1-800-600-3637   Fax: (306) 482-3312
Hollister and ConvaTec ostomy products

Pharmasave 431
414 Main Street, Esterhazy, S0A 0X0
Phone: (306) 745-2022   Fax: (306) 745-6276
ConvaTec, Hollister, Coloplast and others

Sapara’s Drug Mart (PharmaChoice)
Box 250 - 434 Main Street, Esterhazy, S0A 0X0
Phone: (306) 745-6662   Fax: (306) 745-6654
ConvaTec, Coloplast, and Hollister ostomy products. We can order in all types of ostomy products anyone needs.
Retail Outlets that Carry Ostomy Products
Note: The Regina Qu’Appelle Health Region does not endorse any particular store. This is a partial listing and is not intended to be a comprehensive list.

Medical 1 Physician and Health Care Supplies
2365 - 2nd Avenue, Regina, S4R 1A5
Phone: (306) 352-8874 Fax: (306) 352-8876
E-mail: medical1@sasktel.net
Complete line of ConvaTec, Coloplast, Hollister, and NU-Hope ostomy products. Free delivery within Saskatchewan.

Jolly’s Veterinary & Surgical Supplies Ltd.
120 Victoria Avenue, Regina, S4N 0P3
Phone: (306) 522-3833 Fax: (306) 525-2560
Complete line of Hollister, ConvaTec, Coloplast, and NU-Hope ostomy supplies. Flushable ostomy liners and other accessories.

Pharmasave Glencairn
1695 Dewdney Avenue E, Regina, S4N 4N6
Phone: (306) 791-7878 Fax: (306) 791-4570
Hollister and ConvaTec

Pioneer Village Pharmacy
430 Pioneer Drive, Regina, S4T 6L8
Phone: (306) 949-1233 Fax: (306) 352-8598
All types of ostomy products

Shoppers Drug Mart
Landmark Centre, 4130 Albert Street, Regina, S4S 3R8
Phone: (306) 777-8040 Fax: (306) 777-8046
ConvaTec ostomy products

The Medicine Shoppe Pharmacy
2310 9th Avenue North, Regina, S4R 8C5
Phone: (306) 543-5555 Fax: (306) 543-5666
ConvaTec, Hollister, and Coloplast products

Nutrition
- Colostomy surgery does not require you to make any changes to your diet.
- Eat a well balanced diet following “Eating Well with Canada’s Food Guide”.
- Introduce foods that may cause gas or odour one at a time. Give problem foods a second chance before taking them out of your diet.
- Eat regular meals. Small frequent meals are usually tolerated best. Skipping meals causes the bowel to produce more gas.
- Eat slowly and chew your food well.
- Drink 8 to 10 glasses of caffeine free liquid per day.

Skin Care
The skin around your stoma (or peristomal skin) should look the same as the rest of the skin on your abdomen. After surgery the stoma and your abdomen are swollen. As you heal in the first 6 to 8 weeks after surgery, your stoma gets smaller. The opening in the wafer should be cut smaller to reflect the decrease in the stoma size. About 1/8” of skin should show between the stoma and edge of the opening on the wafer.

The stoma and peristomal skin are cleansed with warm water every time the pouching system is changed. If necessary, an adhesive remover can be used to remove any adhesive residue from your skin. After using adhesive remover, the skin needs to be cleansed again, to ensure the new wafer adheres to your skin.
Skin Care
(continued)

Skin irritation, such as a rash, an open sore, or blistering may occur anywhere that the pouching system or stool comes in contact with your skin. The cause of the skin irritation must be identified before the irritation can be treated. Common causes are:

- leakage of stool on the exposed skin
- perspiration
- allergic reaction or sensitivity to product.

If your skin is irritated a small amount of ostomy powder may be applied. Wipe off the excess powder. The powder absorbs moisture to make a dry surface for your next wafer or pouch.

Wet or weeping skin can prevent a pouching system from adhering to the skin. If your skin is irritated and weeping, you may need to change your pouching system more often than regularly scheduled.

Contact your ET nurse if the irritation does not resolve or you have questions.

Follow up Appointments

Routine outpatient clinic check ups with an ET nurse are recommended after discharge from hospital as follows:

2 week appointment _________________________
2 to 3 months
1 year

Please call Enterostomal Therapy Services at 306-766-2271 to make an appointment. Appointments are necessary.

Enterostomal Therapy Services is located on Level 0 (basement) of the Pasqua Hospital.

Office hours: 8:00 a.m. to 4:00 p.m. Monday to Friday.

Please bring the supplies necessary to change your pouch to the appointment. There is no need to change your pouch before.

Donations

Donations of unused ostomy products are gratefully accepted for distribution to third world charities. Donations can be dropped off at the Enterostomal Therapy Clinic at the Pasqua Hospital.
Supplies You Need to Purchase

Type of Ostomy:
________________________________________________

Supplies and order numbers:
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Intimacy

Adjusting to the changes in your body after surgery takes time. Many aspects of you (on the inside and outside of your body) combine to create your identity and attractiveness. None of these can be removed by your surgery. Someone who genuinely cares for you accepts you as you are.

Ask your surgeon or ET nurse your questions you may have related to sexual function or response after surgery.

Website: http://ostomycanada.ca/ostomy_information/faqs
Ostomy Canada Society

This nonprofit, volunteer organization helps people who have or expect to have an ileostomy, colostomy, or urinary diversion. These members have personal experience living with an ostomy.

Meetings are held on the second Tuesday of every month from 7:30 p.m. to 9:30 p.m. except during January, July, and August. New members are welcome. The group talks about common issues, exchanges ideas, helps support each other, facilitates group discussions and educational sessions. A newsletter is published. Included in the annual membership fee is a subscription to Ostomy Canada magazine.

The Regina Ostomy Chapter Visitor Program is available to anyone who may require ostomy surgery or has a new ostomy. These visitors have taken extra training to provide information and support focused on day to day life with an ostomy.

Website: http://www.ostomycanada.ca/

9. If the skin around your stoma is irritated apply a small amount of ostomy powder. Dust off excess powder. The powder helps to make a dry pouching surface.

10. Centre the prepared wafer over your stoma and gently press onto your skin. Gently run your finger around the inside of the flange ring to ensure good contact between the skin and the wafer.

11. Remove the paper from the tape border of the wafer. Smooth the tape down on to your skin.

12. To attach the pouch, line up the flange rings of the wafer and pouch. Slip your fingers under the flange ring on the wafer to pinch and snap the two together.

13. Place your hand over the wafer for one minute, to warm the wafer adhesive. The adhesive will become stickier as it warms to your body temperature.

14. Close the bottom of the pouch:
   - Fold the tail up three times. Place the top flap over the folded tail. Press firmly along the entire length of the Velcro strip until you feel them seal together.
   - Using a clip - fold the tail over the open clip once. Press firmly on the center of the clip until it snaps securely closed.

15. Add an ostomy belt to snug your system up. This helps the wafer to adhere to your skin.

16. Change the pouching system 1 to 2 times per week or when any leakage occurs. Do not wait.
Changing a Two Piece Colostomy Pouch

1. Gather supplies:
   - soft wash cloth to clean your stoma
   - warm tap water
   - wafer and pouch
   - pattern, pen and scissors
   - ostomy paste or powder, if used
   - garbage bag

2. Remove the wafer from the package.

3. For cut to fit wafers only:
   - Using the pattern or measuring guide, trace the stoma opening on to the back (body side) of the wafer.
   - Cut out the stoma opening using scissors. Smooth the edge of the hole with your finger.

4. Remove the backing from the barrier.

5. If used, apply a thin strip of paste around the hole opening on the back of the wafer. Set wafer aside.

6. Fold back the edges of the paper covering the tape border, to allow easier removal, once the wafer is on your body.

7. Remove your old pouching system. Carefully place in garbage bag. Save the clip (if not closed with Velcro).

8. Wash the stoma and surrounding peristomal skin with warm water. Pat the skin dry.

Saskatchewan Aids To Independent Living (SAIL)

Enterostomal Therapy Services registers you with the SAIL Ostomy Program for reimbursement of your ostomy supplies. You receive confirmation of your registration by mail.

At the time of ostomy supply purchase, SAIL pays 50% of the cost and you pay the remaining 50%. Concerns related to SAIL reimbursement should be directed to your vendor.

Note:
You may be eligible for additional reimbursement if you have additional health insurance coverage through your employer or a private insurance program such as Blue Cross, Group Medical Services or Veterans Affairs Canada. After receiving the statement from your pharmacy, the paid receipt can be submitted to your private insurance program for consideration.

Disability Tax Credit

Individuals with a permanent ostomy may be eligible for a disability tax credit. Inquire with your financial advisor or Revenue Canada.
Changing a One Piece Colostomy Pouch

1. Gather supplies:
   - soft wash cloth to clean your stoma
   - warm tap water
   - pouching system
   - pattern, pen, and scissors
   - ostomy paste or powder, if used
   - garbage bag

2. For cut-to-fit pouches only:
   - Using the pattern or measuring guide trace the stoma opening on to the back (body side) of the wafer.
   - Cut out the stoma opening using scissors. Smooth the edge of the hole with your finger.

3. Remove the backing from the wafer.

4. If used, apply a thin strip of paste around the hole opening on the back of the wafer. Set the wafer aside.

5. Fold back the edges of the paper covering the tape border, to allow easier removal, once the wafer is on your body.

6. Remove your old pouching system. Carefully place in garbage bag. Save the clip (if not closed with Velcro).

7. Wash the stoma and surrounding peristomal skin with warm water. Pat the skin dry.

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9. Centre the prepared pouching system over the stoma and gently press onto your skin. Gently run your finger around the inside of the flange ring to ensure good contact between the skin and the barrier.

10. Remove the paper from the tape border. Smooth the tape down on to your skin.

11. Place your hand over the wafer for 1 minute, to warm the wafer adhesive. The adhesive becomes stickier as it warms to your body temperature.

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13. Add an ostomy belt to snug your system up. This helps the pouching system adhere to your skin.

14. Change the pouching system 1 to 2 times per week or when any leakage occurs. Do not wait.