

Colostomy Patient Information

Stomatherapy Department

01225 824056

ruh-tr.stomatherapy

A decorative blue line that starts from the bottom left, curves upwards and to the right, then curves downwards and to the left, ending at the bottom center.

This leaflet is designed for people in the Bath area who have, or may need to have a stoma.

About the Department:

Our Stoma Care Nurses are qualified nurses with specialist expertise. Our role is to provide support, information and care to all people with a stoma.

The department is open daily, Monday to Friday (except Bank holidays) and we are happy to answer any telephone enquiries. If you would like an appointment to see a Stoma Care Nurse you can telephone the department and an appointment will be made for a convenient date. The direct telephone number is: 01225 824056. If there is no answer, please leave a message and with your name, telephone number and brief message and we will call you back under normal circumstances within 24hours.

General Information

Skin Problems:

The most common problem reported is usually caused by poorly fitted appliances. This is normally due to the stoma shrinking in the early weeks post-operatively, making the hole in the bag too large. Leaving skin exposed to output which causes irritation.

Treatment:

Always check your template size if you experience irritation. The adhesive on the bag also acts as a skin protector and should allow the skin to heal (once re-measured) within a couple of days. If the problem persists contact your Stoma Care Nurse.

The RUH, where you matter



Temporary Stoma

When a temporary Colostomy is formed, the rectum (back passage) is left open. It is quite normal – even if you have a stoma – to have a sensation of needing to open your bowels through your rectum. In this situation, sit on the toilet normally but avoid excessive straining. It is very normal to pass mucus or stale faeces.

Leakage

You may in the early days experience leakage. This may be due to changes in the way your stoma works as the bowel recovers from surgery. Once you become familiar with your stoma and gain experience, these problems should be resolved. However please arrange an appointment with your Stoma Care Nurse if the problem persists as this can cause soreness and may affect your confidence.

Prescription Exemption – FP92A

If you have a permanent Stoma, you can get a form from your GP making you exempt from prescription charges relating to Stoma Products.

Radar Key

If your Colostomy is permanent you are entitled to apply to your local council for RADAR key, this allows you access to disabled toilet facilities.

Home Visit

We have improved our care and service, this means we can now offer two home visits week 1 and week 2 on discharge and week 6 (if necessary) with the Hospitals Community Nurse Specialist, Beth or Coloplast Company Nurse Specialist, Louise . After you've received your home visits, you will be offered regular appointments in our nurse led clinic at the Royal United Hospital.

Obtaining Supplies

Once you have been discharged, you get the option of having your supplies delivered directly to your door by using a recommended delivery company or obtaining your supplies from your local pharmacy. Your Stoma Care Nurse will discuss your options with you on discharge.

Dietary Advice

There is no special diet for people living with a colostomy, but the general guidelines may be helpful.

Try not to be anxious about food and drink. You **MUST** drink plenty of fluids. Food is not the only thing that will affect your stoma output, physical and emotional feelings, medication and increased exercise will also have an effect. Alcohol is not restricted but do not drink to excess as this will cause more output and your bag will need to be emptied more frequently.

Food that may thicken output	Food that may cause liquid stools	Food that may cause wind	Food that may cause odours	Food to help control odours
Bananas	Raw vegetables	Beans	Green vegetables	Tomato juice
Boiled rice	Spices	Onions	Eggs	Orange juice
Smooth peanut butter	Prunes	Greens	Onions	Parsley
Jelly babies	Chocolate	Vegetables	Fish	Natural yoghurt
Pasta	Fresh fruit	Fizzy drinks		
Bread	Salad dressing			
Potatoes				

If a certain food or drink causes you a problem, try it again in a few weeks' time.

Basic Bag Changing

Change your bag once or twice daily as necessary for closed bags.

1. Make sure you have all the equipment ready: New bag (cut to size), wipes for washing/drying, barrier wipe (if using) and disposal bag.
2. Remove bag, peeling away gently from skin.
3. Place used bag into disposal bag.
4. Wash and dry skin thoroughly using water only. DO NOT use wet wipes.

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5. Apply barrier wipe, if using and then new bag – Remove backing paper, place lower part of adhesive under Colostomy. Press firmly and massage remaining adhesive around stoma.
 6. Cut bottom off the bag and empty contents into toilet and place empty bag into disposal bag.
 7. Place disposal bag in household waste.

Glossary:

Stoma: A word derived from Greek, meaning mouth or opening. A Stoma is constructed from a portion of the large or small bowel, brought to the surface of the abdomen through a surgical incision.

Colostomy: Part of the colon (Large bowel).

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

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