



Royal United Hospitals Bath  
NHS Foundation Trust

# Ileostomy Patient Information

**Stomatherapy Department**

**01225 824056**

**[ruh-tr.stomatherapy.nhs.net](http://ruh-tr.stomatherapy.nhs.net)**

Decorative blue lines in the bottom right corner of the page, consisting of several curved, overlapping lines that create a sense of movement and depth.

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# **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 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 department 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**



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## Temporary Stoma

When a temporary Ileostomy 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 Ileostomy is permanent you are entitled to apply to your local council for a 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 post-operatively at week 1 and 2 post discharge home and week 6 (if necessary) with the Hospitals

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Community Nurse Specialist Beth or our Coloplast Community 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. Please don't hesitate to call in between appointment with any questions or concerns.

## 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 an Ileostomy, but the general guidelines may be helpful. You must remember to:

- Chew your food well
- Eat Regular Meals
- Drink Plenty of fluids

There are certain foods that have been known to cause obstructions or pain, these include:

Nuts, popcorn, mushrooms, string from vegetables, sweetcorn, coconut from shy, pith of Orange and Cooked tomato skins.

With an Ileostomy your bowel will lose salt and fluid, you need to make sure you replace these by drinking lots or by taking a hydration drink called 'Dioralyte'. adding salt into your diet. Always make sure you're carrying salt and vinegar crisps.

Food that may thicken output	Food that may cause liquid stools	Food that may cause wind	Food that may cause odour	Food to help control odour
Banana	Chocolate	Beans	Eggs	Buttermilk
Boiled rice	Fats	Onions	Fish	Natural yoghurt
Cheese	Fruit	Green vegetables		Parsley
Jelly babies	Fruit juice	Fizzy drinks		Peppermint oil
Marshmallows	Excess Alcohol			
Pasta	Spicy foods			
Bread	Onions			
Potatoes				

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

## Basic Bag Changing

Change bag every 2-3 days (immediately if you notice any leakage). Do not let your bag get too full.

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. Empty contents of bag into toilet. (place toilet paper down the toilet first)
3. Remove bag, peeling away gently from skin, starting at the top to the bottom.
4. Place used bag into disposal bag.

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5. Wash and dry skin thoroughly using water only. DO NOT use wet wipes or soaps.
  6. Apply barrier wipe (if using) then new bag – Remove backing paper, place lower part of adhesive under ileostomy. Press firmly and massage remaining adhesive around stoma.
  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.

Ileostomy:

Surgical creation of an opening into the Ileum.

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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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