



Information Sheet - Prolapsed Stoma

A prolapsed stoma occurs when the bowel protrudes (extends), resulting in a visible increase in the length of the stoma (usually over 2cm longer than when initially formed).

The amount of protruding bowel can vary considerably from a small prolapse of 2-3cm to a large 10cm+ prolapse. This can happen if you have a colostomy, ileostomy or urostomy.

What causes a prolapsed stoma?

A weakness in the abdominal wall around the stoma. This may be due to increased abdominal pressure caused by excessive exertion such as heavy lifting, chronic coughing or even obesity.

Although this is very alarming and frightening to see, as long as the bowel (stoma) is pink in colour and continues to work, it is not a medical emergency. You will notice the stoma size can change during the day, this is to be expected as the bowel naturally moves. **If there is any change in colour, size or activity, please contact your Stoma Nurse.**

Hints and tips

- Wear support underwear to support your stoma and the muscles around your stoma.
- Remember to use good lifting techniques, avoiding heavy lifting, and any excessive strain on your abdominal muscles.
- Reduce friction between the stoma and your bag.
- If you experience rubbing from the stoma bag against your stoma – use a lubricating gel in the appliance.
- Avoid wearing tight fitting waistlines and belts immediately over the stoma.
- If you develop a cough fold a small hand towel and gently hold over your stoma whilst coughing.

Things to watch out for...

If you find your prolapse has extended further, try not to panic; this can usually be manually reduced. Lie down and apply a cold compress directly over the stoma for no more than 15 minutes with the palm of your hand pressing against the stoma.

If you are concerned then please contact your Stoma Care Nurse for further advice.

Managing your prolapsed stoma

- You will need to be gentle when cleaning and changing your appliance as the bowel can be extra fragile with the prolapse and have a greater tendency to bleed on cleaning.
- Change your appliance in the morning, when the prolapse is at its smallest.
- Check your template regularly - ensure the bag is cut for the largest size of the stoma to prevent any rubbing on the bowel.
- If your stoma gets larger - contact your Stoma Nurse for a review as there are many large appliances and products available to manage your stoma.
- Avoid using a stoma bag with a rigid ring as it may cause pressure at the back of the stoma.
- Check the surrounding skin - this needs to be intact and healthy to prevent leakage from the bag; a skin barrier may help to protect the skin around the stoma.

More support

If you did not find all the information that you need in this factsheet, you can contact Coloplast Charter on **0800 783 1434** for advice and support. Alternatively, you can visit www.coloplastcharter.co.uk or discuss your questions and concerns with your healthcare professional.