



## Information Sheet - Stenosis

*Stenosis is when the opening of the stoma, or just inside the stoma becomes narrow or constricted.*

This is sometimes known as a stricture and can occur at any time after your surgery. Stenosis can occur if you have a colostomy, ileostomy or urostomy.

### What causes stenosis?

It is caused by a tightening or narrowing of the skin or tissue surrounding the stoma which is usually as a result of excessive scar tissue.

### Hints and tips

- Check your stoma template regularly.
- If you notice skin irritation, you may need a review of your appliance.
- Contact your Stoma Nurse as soon as you think you have a problem.

### If you have a colostomy/ileostomy, it is important to keep the stool soft/loose.

- Increase your fluids (drinks) and advice in relation to a low fibre diet will allow stool to pass through the narrowed stoma.

### If you have a urostomy, it is important to reduce the risk of urine infections.

- Drink a couple of extra glasses of water, on top of your usual 6-8 cups a fluids a day.
- Take extra care on cleanliness when handling your stoma.



### Things to watch out for...

- The size of your stoma reduces significantly
- Sore skin or leakages may occur if your appliance is not fitting correctly
- The stoma output can fluctuate from 'projectile' to small amounts only

If you have a colostomy/ileostomy, this may be associated with:

- Abdominal distension, cramp/pain
- Alternating stoma function - diarrhoea, excessive or loud wind
- Narrow stools

If you have a urostomy you may also experience:

- Back pain
- Projectile passage of urine
- Recurrent urine infections

If the opening of the stoma becomes increasingly narrowed, the concern is that the output from the stoma will not be able to pass and you could develop a blockage.

Your Stoma Nurse will need to assess your stoma and may suggest daily dilation of your stoma with either a lubricated gloved finger or dilator is necessary. Alternatively, a referral back to your surgeon may be required to assess if there is a need for a surgical refashioning of your stoma (operation).

### 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](http://www.coloplastcharter.co.uk) or discuss your questions and concerns with your healthcare professional.