




# Stoma Care – A Self Help Guide

*(Endorsed by ASCN UK)*

The aim of this leaflet is to enable patients to solve a number of potential stoma care issues whilst there is limited stoma care support due to the COVID-19 pandemic. It contains general advice and is not intended to replace any specific advice given to you directly by a healthcare professional. If in doubt, please consult NHS111, your GP or stoma care nurse directly.

**Stoma Care Nurse (SCN) contact details:** *Please email if possible & attach a photo if appropriate*

**Email Address:** \_\_\_\_\_ **Tel. No.:** \_\_\_\_\_

Sore Skin	
<p><b>Poor fitting appliance</b></p>  <p>The stoma may change size and shape leading to exposed skin. Exposed skin can become sore.</p> <p>(ASCN UK, 2016)</p>	<p><b>Recommended Action</b></p>  <p>Remeasure the stoma and cut the correct sized hole to ensure a good fit. Fitting the appliance correctly will protect the skin and allow healing to take place.</p> <p>(Salts, 2020)</p>
<p><b>Skin Sensitivity</b></p> <p>The skin may discolour when the appliance is changed. If the skin remains discoloured in the shape of the appliance's adhesive then this may be due to a sensitivity.</p>	<p><b>Recommended Action</b></p>  <p>Please email photo to the SCN for review. Often, using an alternative appliance will help resolve the issue. Sometimes a mild topical steroidal treatment is needed to treat the area.</p> <p>(ASCN UK, 2016)</p>
<p><b>Appliance Leaking</b></p> <p>Leaking underneath and out from the appliance can cause sore skin.</p>	<p><b>Recommended Action</b></p> <p>See <b>Appliance Leaking</b> section below.</p>
Appliance Leaking	
<p><b>Appliance left in place for too long</b></p> <p>An increased wear time can sometimes lead to the appliance leaking.</p>	<p><b>Recommended Action</b></p> <p>If using one-piece appliance change at least every 1-3 days. If using two-piece appliance change baseplate 2-3 times per week.</p>
<p><b>Altered abdominal contours</b></p> <p>For example: Skin creases Scarring Swelling behind stoma</p>	<p><b>Recommended Action</b></p> <p>Ensure skin is as flat as possible when applying products. If leakage issues continue email a photo of stoma and skin to your SCN or telephone your SCN.</p>
<p><b>Appliance not applied correctly</b></p>	<p><b>Recommended Action</b></p> <p>Ensure skin is clean and dry before applying products. Ensure appliance sticks to the skin and does not sit on the stoma.</p>
Swelling behind/around stoma	
<p><b>Parastomal hernia</b></p> <p>The majority of hernias at the stoma site do not cause serious issues.</p>	<p><b>Recommended Action</b></p> <p>If the stoma stops working or pain, nausea &amp; vomiting are experienced contact NHS111, GP or your SCN.</p>
<p><b>Post-operative swelling</b></p> <p>It can be normal to have swelling at the stoma site after surgery.</p>	<p><b>Recommended Action</b></p> <p>Monitor area. If there is pain, nausea, vomiting, inactive stoma or temperature - contact NHS111, GP or your SCN.</p>
Bleeding from stoma	
<p><b>Bleeding on contact</b></p> <p>Bleeding is not uncommon when cleaning around the stoma.</p>	<p><b>Recommended Action</b></p> <p>Bleeding should stop quickly. If bleeding continues apply pressure. If it does not stop contact NHS111, GP or your SCN.</p>

<b>Bleeding out of stoma</b>		<b>Recommended Action</b>	
Blood coming out from inside stoma.		Seek advice from NHS111, GP or your SCN.	
<b>Stoma Not Working</b>			
<b>Colostomy: constipation</b>		<b>Recommended Action</b>	
Constipation can occur with a colostomy		Increase fluid and fruit and fibre intake. If no improvement use a mild laxative. If experiencing pain, nausea or vomiting then contact NHS111, GP or your SCN.	
<b>Ileostomy: blockage or obstruction</b>		<b>Recommended Action</b>	
If an ileostomy is not working there may be a blockage or obstruction.		If an ileostomy has not worked for 6 hours and you are experiencing abdominal pain and nausea/vomiting - drink clear fluids and avoid food. A warm bath and abdominal massage may help resolve symptoms. If the problems continue or worsen and you feel unwell contact NHS111, GP or your SCN.	
<b>High output stoma</b>			
<b>Usually ileostomy</b>		<b>Recommended Action</b>	
<p>A stoma output of over 1.5 litres in 24 hours increases risk of dehydration and acute kidney injury. The output from an ileostomy should be of a paste/porridge like consistency not watery. A high watery output may be caused by:</p> <ul style="list-style-type: none"> <li>• Infection (you may be asked to produce a sample)</li> <li>• Obstruction</li> <li>• Quickly stopping some medicines e.g. steroids or strong painkillers</li> <li>• Taking some medicines e.g. laxatives or magnesium</li> </ul>		<p>If you have a high stoma output:</p> <ul style="list-style-type: none"> <li>○ Reduce intake of water/tea/coffee to 500-1000ml in 24hrs</li> <li>○ Sip 1000ml of rehydration drink (<b>see below</b>) over 24 hours</li> <li>○ Sip your fluids as this will help the fluids to be absorbed</li> <li>○ Avoid drinking at the same time as eating</li> <li>○ Eat a high starch/carbohydrate, low fibre diet</li> <li>○ Take Loperamide (Imodium) 2-4mg (or your prescribed dose) 30-45 minutes before meals and at night (4 x daily). <i>Please check contraindications prior to taking new medication and seek medical advice if required.</i></li> <li>○ Loperamide tablets work more effectively than capsules.</li> <li>○ Stop taking laxatives and anti-inflammatory medicines such as Ibuprofen</li> <li>○ Watch out for signs of dehydration (<b>see below</b>)</li> <li>○ Empty and change your appliance regularly to prevent leaking and damage to the skin around your stoma</li> </ul>	
<b>**IF THESE STEPS DO NOT RESOLVE THE HIGH OUTPUT STOMA OR YOU FEEL UNWELL CONTACT NHS111, GP OR YOUR SCN AS YOU ARE AT RISK OF DEHYDRATION AND ACUTE KIDNEY INJURY**</b>			
<b>Rehydration drink recipes – (tsp = teaspoon)</b>			
<p><b>Recipe 1</b> 800ml tap water 200ml squash (not sugar-free) 1 level tsp salt</p>	<p><b>Recipe 2</b> <b>*Contains potassium so use with caution, especially with heart problems*</b> 2 sachets Dioralyte 200-300ml water</p>	<p><b>Recipe 3</b> 1000ml Sports drink (e.g. Lucozade) 1 level tsp salt</p>	<p><b>Recipe 4</b> 6 level tsp sugar ½ level tsp salt 1000ml water</p>
<b>Signs of dehydration</b>			
<ul style="list-style-type: none"> <li>• Feeling faint</li> <li>• Dizziness</li> <li>• Headache</li> </ul>	<ul style="list-style-type: none"> <li>• Feeling thirsty</li> <li>• Dry mouth</li> <li>• Feeling tired</li> </ul>	<ul style="list-style-type: none"> <li>• Muscle cramps/weakness</li> <li>• Reduced/no urine output</li> <li>• Dark, concentrated urine</li> </ul>	
<b>Low on supplies</b>			
Contact your local prescription service or home delivery company directly on the number below: Prescriber/Dispenser: _____ Tel. no.: _____			
<b>Additional Support and Advice</b>			
Colostomy UK - <a href="http://www.colostomyuk.org">www.colostomyuk.org</a>		Urostomy Association - <a href="http://www.urostomyassociation.org.uk">www.urostomyassociation.org.uk</a>	
Ileostomy Association - <a href="http://www.iasupport.org">www.iasupport.org</a>		NHS111 online service - <a href="http://www.111.nhs.uk">www.111.nhs.uk</a>	