

Living with an Ostomy

STOMA HEROES

Why do people have a stoma

5 main bowel diseases

- ▶ Diverticular
- ▶ Ulcerative colitis
- ▶ Crohn's disease
- ▶ Cancer
- ▶ Birth abnormalities

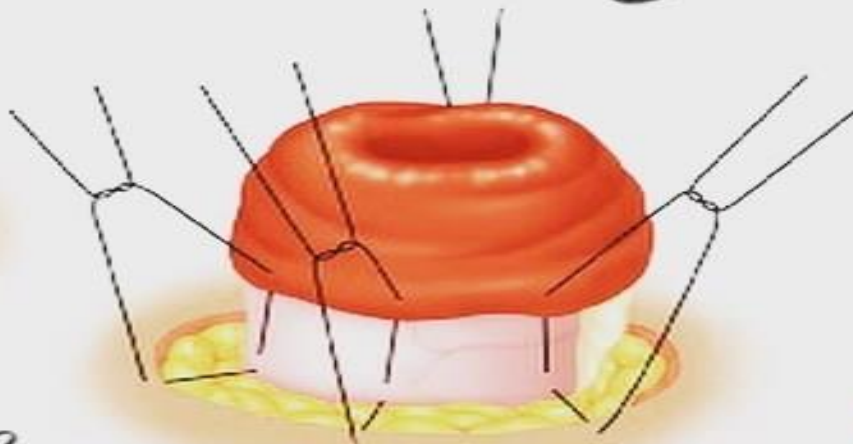
How a stoma is created

*How an end
ileostomy is made.*



A

*Small intestine
out abdomen*



B

*Flip back
on itself*

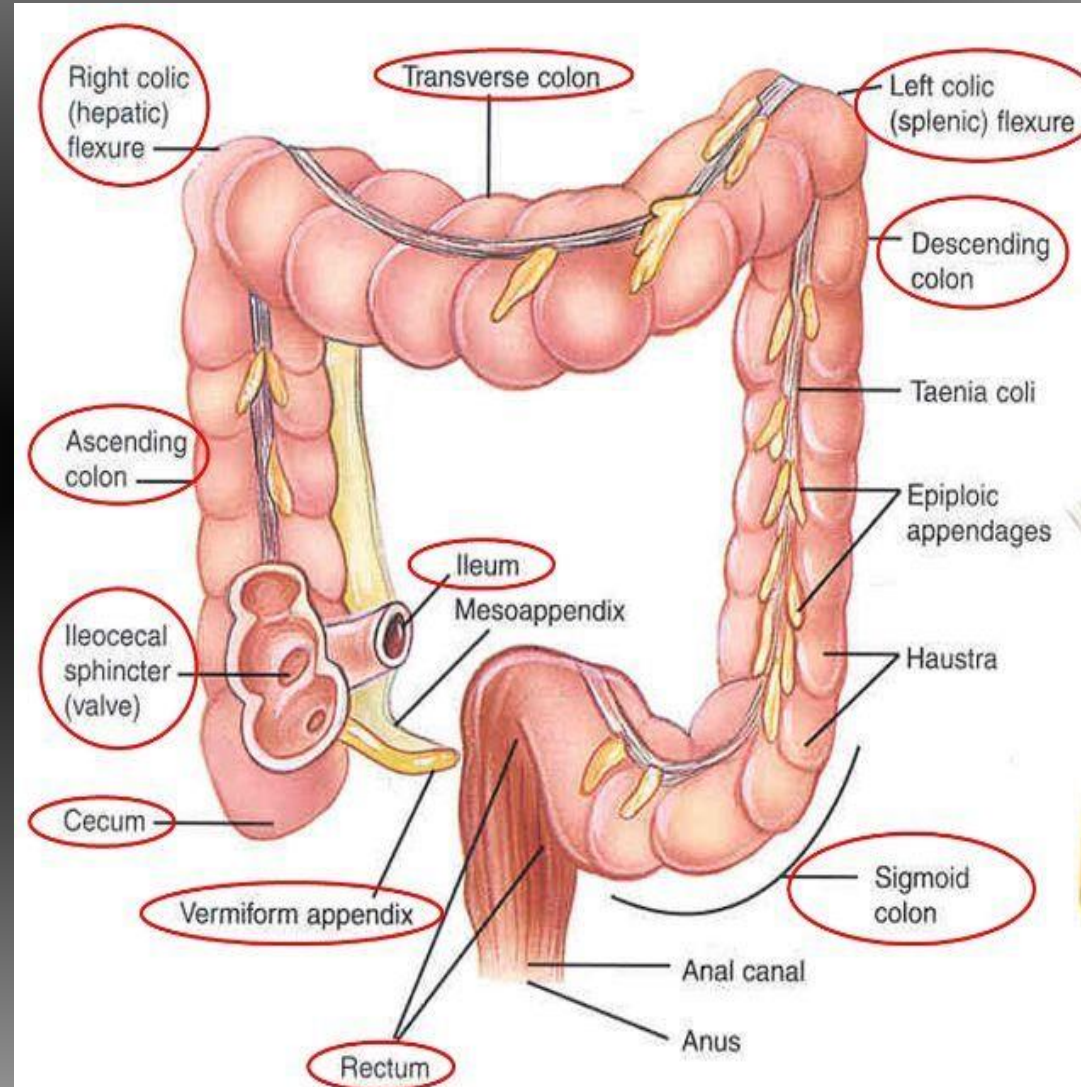
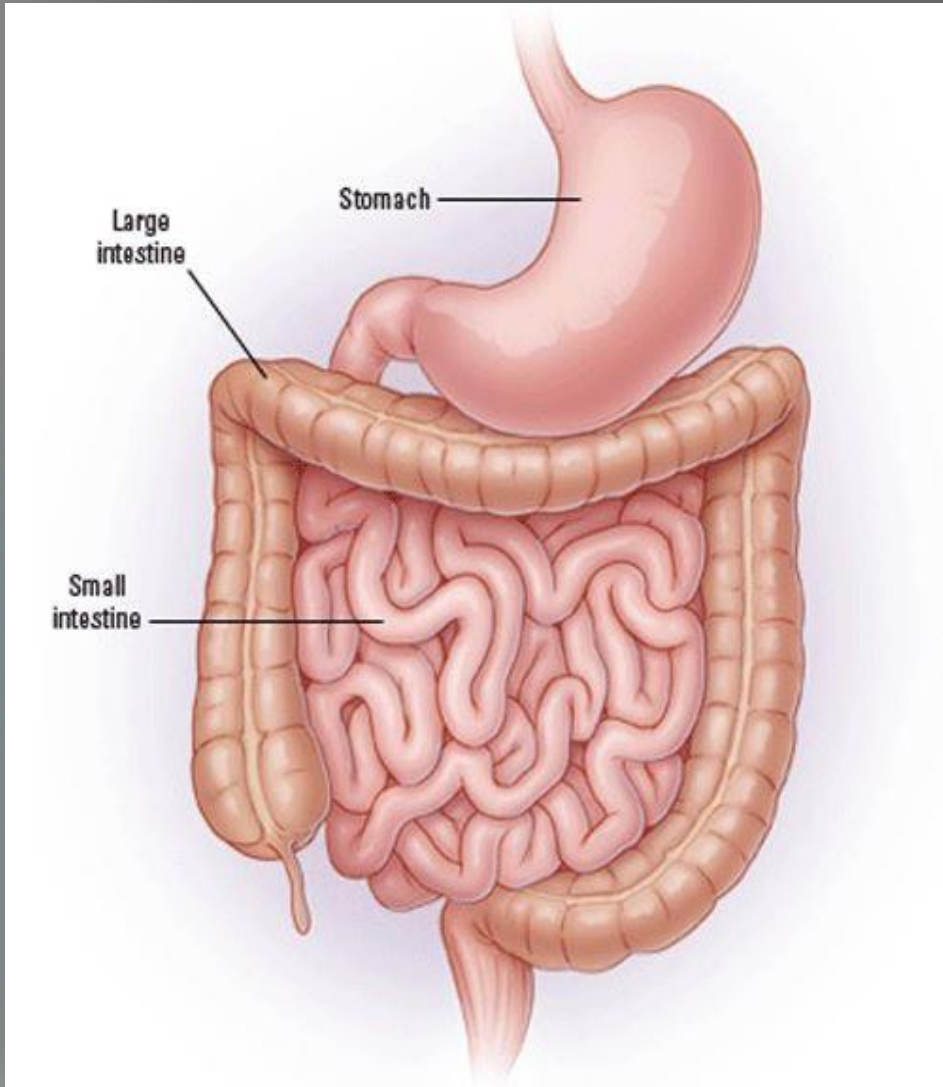


C

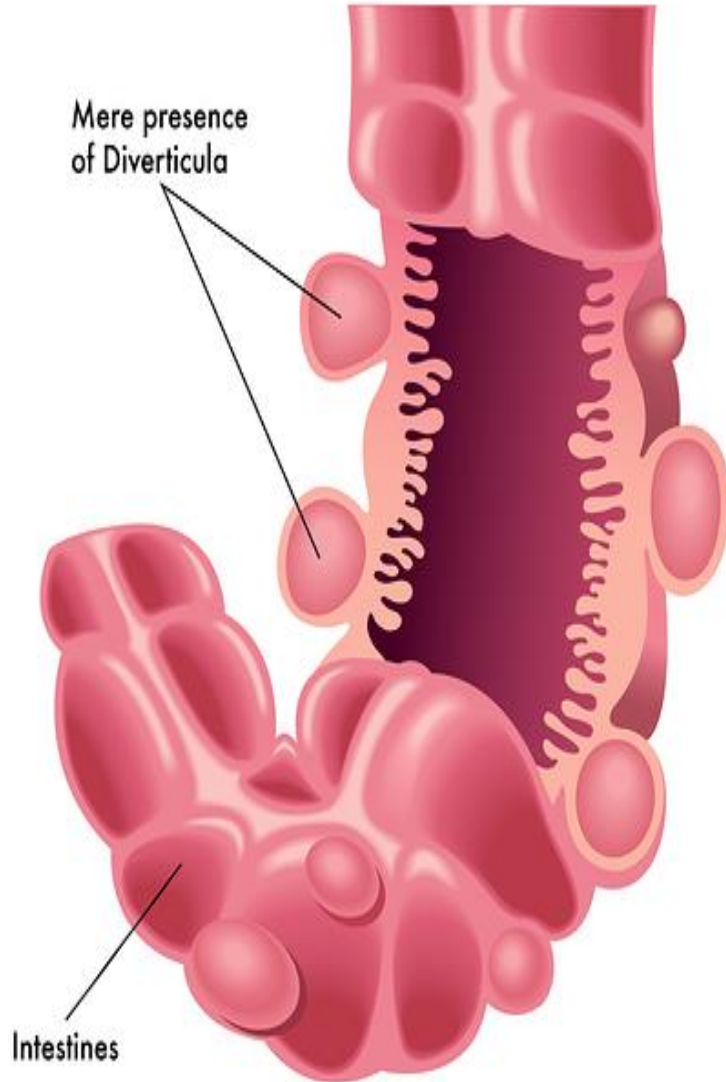
Sew

Insideoutostomy.life

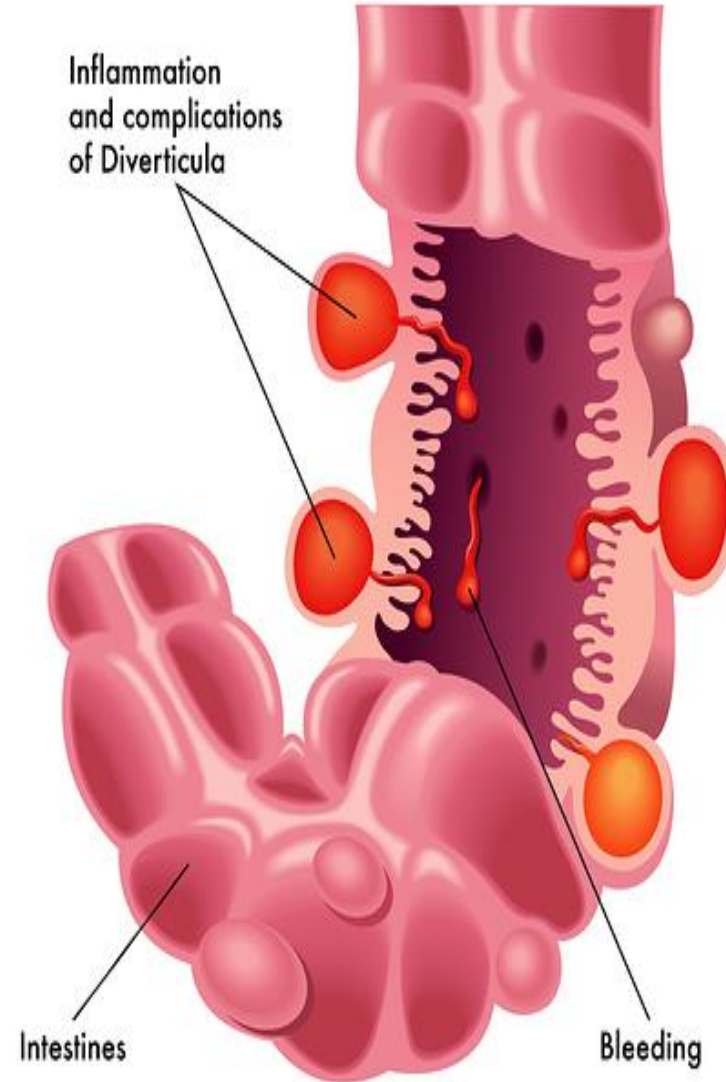
A look inside your bowel



Diverticulosis



Diverticulitis



Diverticulitis/
diverticulosis

Diverticulitis symptoms

Diverticulitis is a condition where multiple weak points develop in the muscle of the colon, leading to small pouches (diverticula). These pouches look like bubbles attached to the outer layer of the colon.

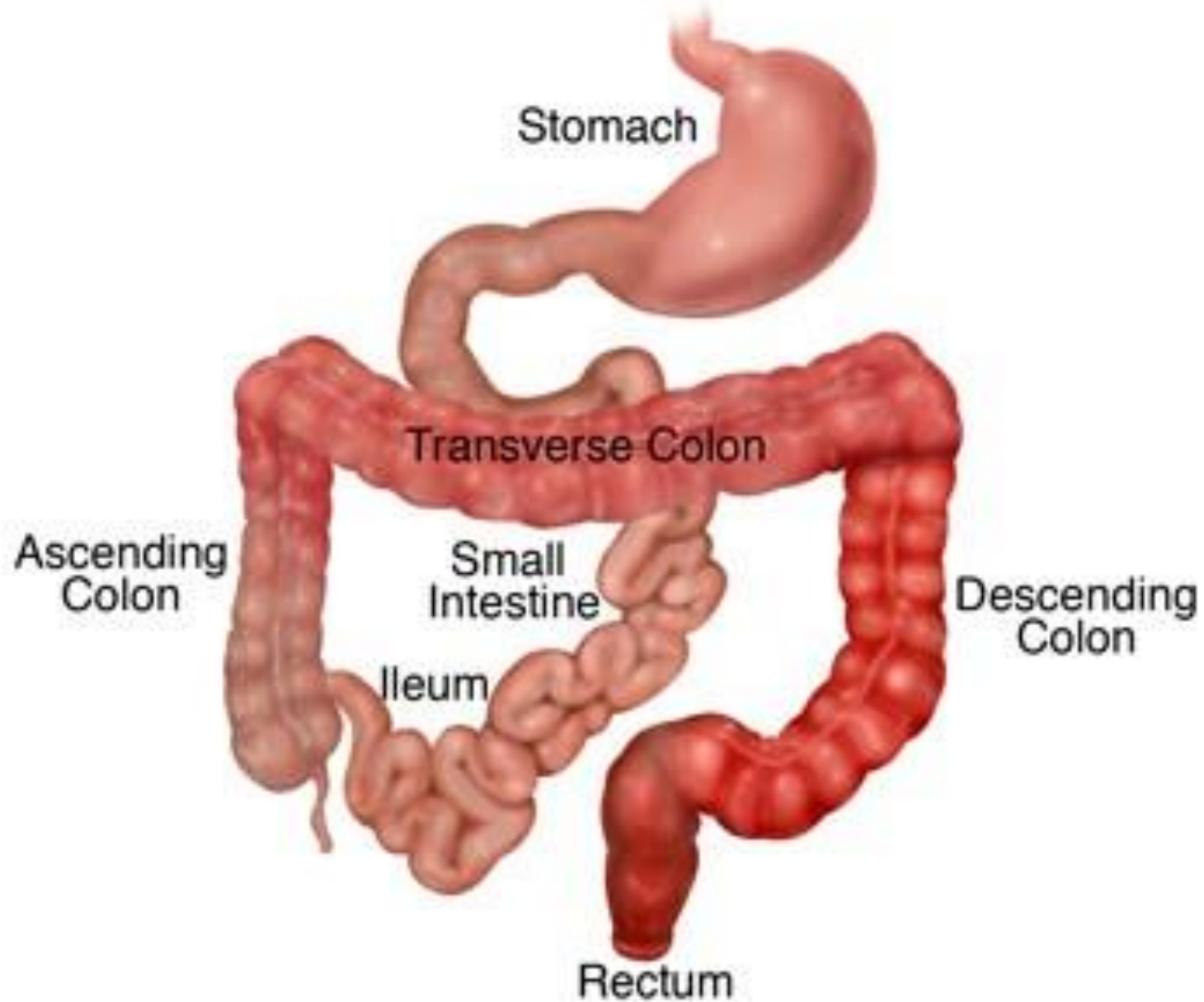
These little pouches are harmless, but they form a small blind alley in which stool can become trapped.

When this happens, the pouch can become inflamed and result in pain, diarrhea and sometimes blood in the stools.

The term diverticulitis is often misused for people with minor stomach symptoms because these pouches are found on investigation. But for most people, this is only a coincidental finding.

- Most common symptom – abdominal pain
- Most common sign – tenderness around the left side of the lower abdomen
- Infection is the cause, fever, nausea, vomiting, chills, cramping and constipation may occur

Ulcerative colitis



Ulcerative Colitis

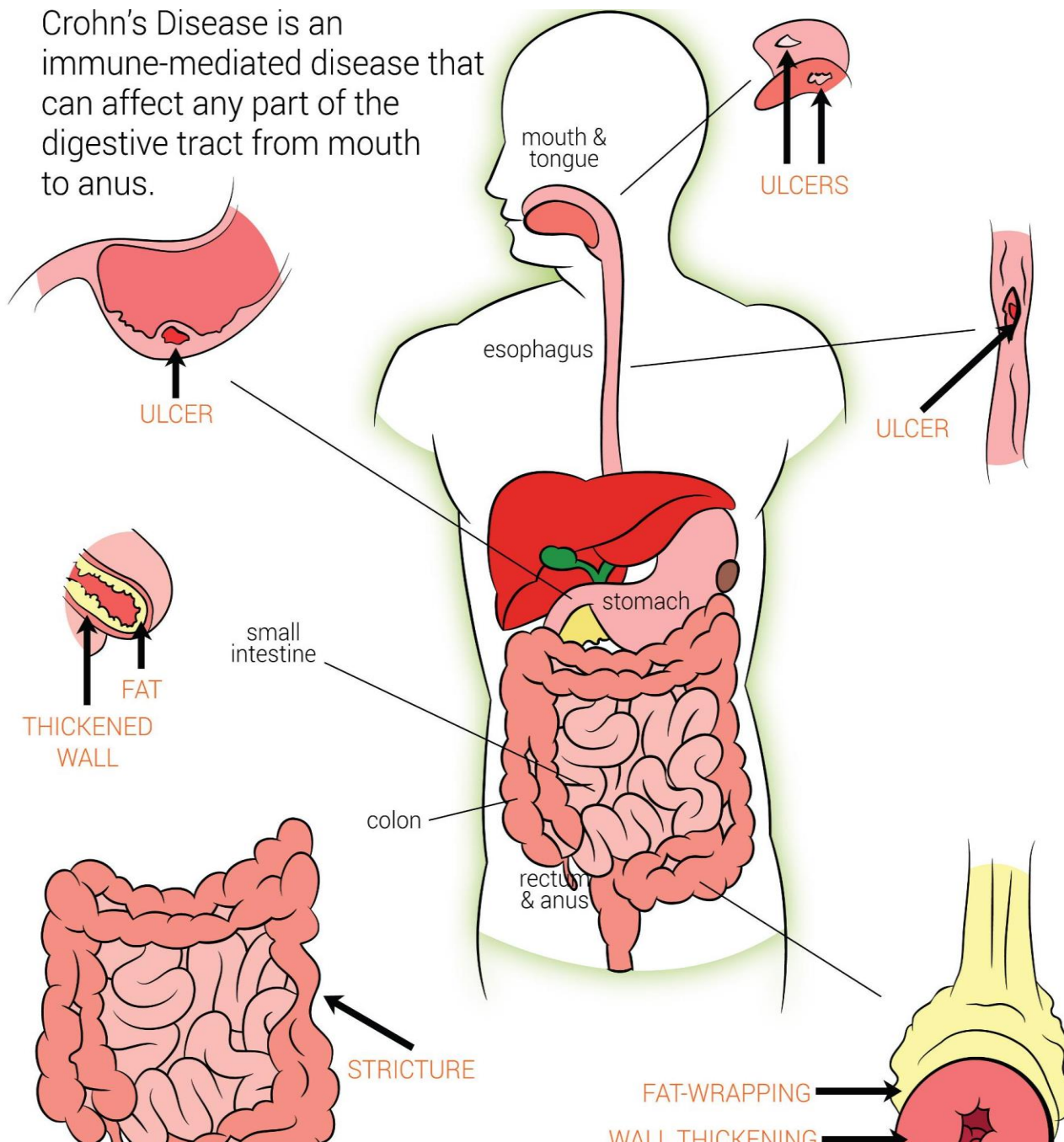
Ulcerative Colitis Symptoms

The main symptoms of ulcerative colitis is frequent diarrhea, which may be mixed with blood or mucus. Patients may also have lower abdominal (tummy) pain or cramps and the need to rush to the toilet. Other symptoms include :-

- Weight loss
- Having a temperature
- Feeling tired
- Feeling generally unwell
- Loss of appetite

One or some of the combinations of these factors though to trigger the inflammatory process

Crohn's Disease is an immune-mediated disease that can affect any part of the digestive tract from mouth to anus.



Crohn's disease

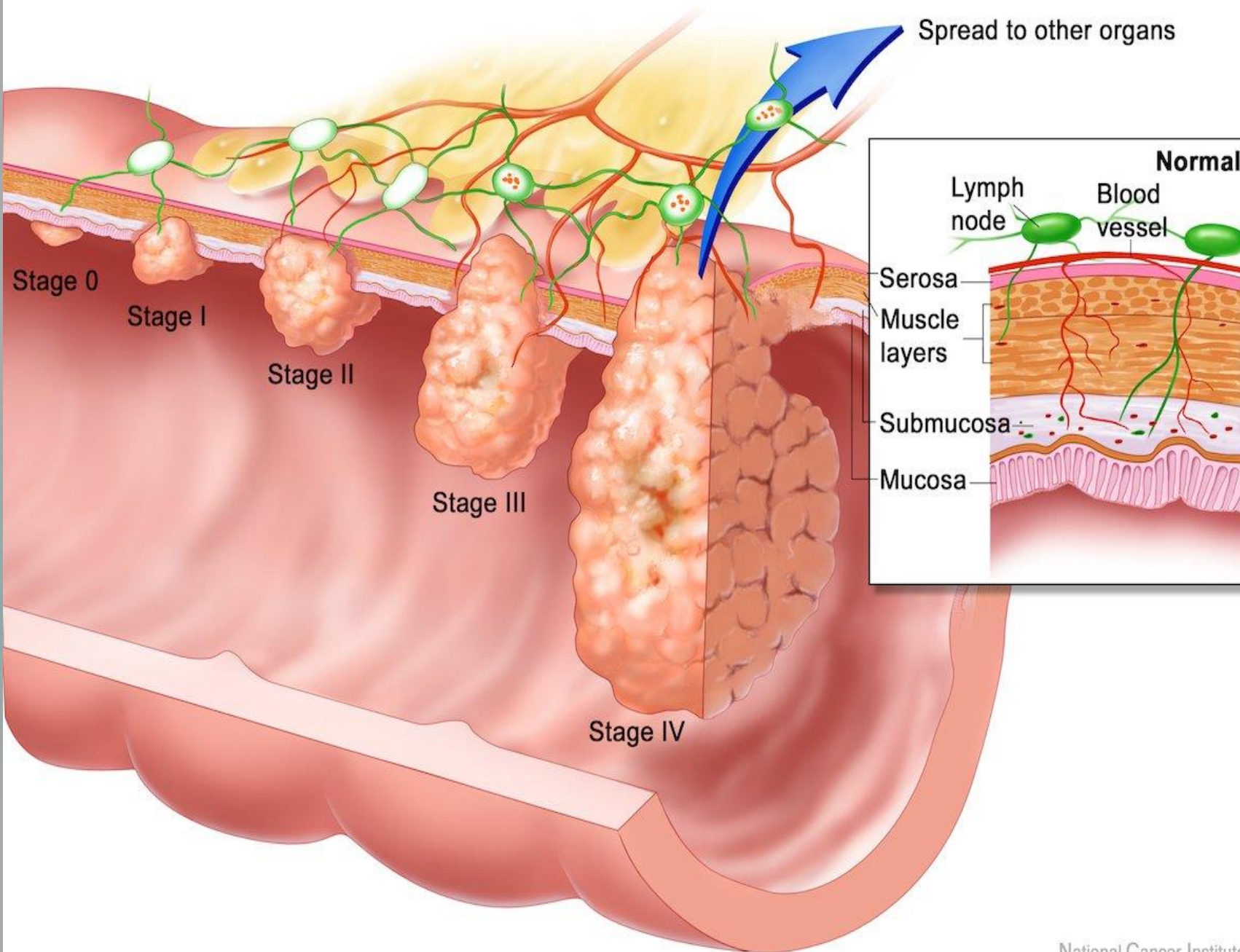
Crohn's Disease symptoms

Crohn's is an individual condition – the symptoms vary from person to person and may depend on where in the gut the disease is located.

The symptoms range from mild to severe and can change over time.

However, the most common are:

- Abdominal pain and diarrhea
- Feeling generally unwell or feverish
- Tiredness and fatigue
- Mouth ulcers
- Loss of appetite and weight loss
- Anemia (a reduced level of red blood cells)



Bowel cancer

Bowel Cancer Signs and Symptoms



- Blood in, or on the stools (bowel motions) – the blood may be bright red or dark in colour
- A change in your normal bowel habit (such as diarrhea or constipation) for no obvious reason
- Pain in the abdomen or back passage
- Feeling of not having emptied your bowel properly after a bowel motion
- Unexplained weight loss
- Unexplained tiredness
- Tiredness can occur if the cancer has caused bleeding, reducing the number of red blood cells (anemia)
- Anemia may also make you feel breathless
- Sometimes cancer can cause an obstruction in the bowel and cause the following symptoms
 - Being sick (vomiting)
 - Constipation
 - Pain in the abdomen
 - A blocked feeling

What is a stoma

- It is estimated that 1/500 people in the UK have a stoma. The most common conditions resulting in stoma surgery are bowel cancer, diverticular disease, ulcerative colitis, Crohn's disease and accidental Injury.
- A stoma is deep pink in colour, and although it appears to look sore it has no nerve endings hence no feeling and pain free.
- Waste matter comes out of the stoma and is collected in a stoma bag. The type of bag used depends on the type of stoma.
- Stoma is a Greek word meaning 'mouth' or 'opening'. Stoma surgery normally results in an opening on the surface of the abdomen in order to divert the colon or ileum through the abdominal wall. This allows the flow of faeces or urine, to be collected in a stoma bag.

Types of ostomies

- Ileostomy: comes from the small intestine or ileum
- Colostomy: comes from the large intestine/colon
- Urostomy: a tube known as an 'ileal conduit'

Ileostomy



The term Ileostomy is a surgical procedure which usually involves removing the whole of the large intestine or colon, and in some cases the rectum. In many cases it can dramatically improve a person's quality-of-life, especially in cases of serious illness.

The Ileostomy may be temporary or permanent depending on the reason behind the operation. The end of the small intestine or ileum is cut and brought through the surface of the abdomen creating a stoma. This would normally be on the right-hand side of the abdomen.

A loop Ileostomy is usually formed to allow the bowel to heal then reversed later.

A temporary Ileostomy may be used when the part of the colon needs time to heal after trauma or surgery. After a period it would then be reversed, and the stoma area in the abdomen is closed.



Colostomy



Colostomy is surgery to remove all or part of the colon. In many cases it can dramatically improve a person's quality-of-life, especially in cases of serious disease.



The large intestine/colon is cut and brought through the abdominal wall and can be created from any part of the colon depending on the condition and reason for the surgery, but most commonly is created from the descending colon and will be on the left side of the abdomen. This type of colostomy produces a stool that is semi to well-formed because it has passed through the ascending and transverse colon.

Colostomies can be both temporary and permanent depending on the reason for the surgery.

Urostomy



Urostomy is a stoma (artificial opening) for the urinary system and is made in cases where long-term drainage of urine through the bladder and urethra is not possible.

It is a surgical procedure which diverts the normal flow of urine from the kidneys and ureters into a surgically created stoma.

The surgeon will isolate a short piece of your small intestine from which he will make a tube known as an 'ileal conduit'. The two ureters will be connected into this tube, which will then be brought to the surface of the abdomen as a stoma.



Basic ostomy essentials

1. Barrier ring
2. Pair of scissors
3. Wipes
4. Adhesive remover
5. Colostomy bag (2-piece version)
6. Base/flange plate (2-piece version)
7. Dry wipes
8. Flange extenders
9. Paste
10. Absorbent sachets
11. Sting free adhesive wipes
12. Disposable bags

