



Ballooning

Ballooning happens when wind that passes out of the stoma cannot escape through the filter of the stoma bag and consequently it inflates the bag. Occasionally the force of the pressure can cause the baseplate to loosen and lift.

What causes ballooning?

Ballooning typically occurs if the filter on the bag gets blocked. The filters can get blocked if they get wet.

Solution: Cover your filter with a sticker (these can be found in the box your stoma bag comes in) when bathing, swimming or showering or changing your bag after it gets wet.



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Different foods will also have some influence on ballooning.

Here are a few tips to reduce the risk of ballooning;

- Reduce your intake of alcohol, fizzy drinks, and spicy foods, garlic, onions, brussels sprouts and cabbage
- Eat at regular time
- Avoid getting hungry
- Eat slowly and chewing your food well can also help reduce wind
- Some people also find that peppermint oil capsules help and these are available on prescription or over the counter

The foods above in this list above may or may not affect you in this way, if ballooning does occur try to keep a food diary for each food on to see if a pattern appears in the comfort of your own home

It is vital to seek the agreement of your GP or stoma care nurse before making any medication or dietary changes, especially if you have a related bowel condition.