

Ostomy Care

An ostomy is surgery to create an opening (stoma) from an area inside the body to the outside. It treats certain diseases of the digestive or urinary systems. It can be permanent, when an organ must be removed. It can be temporary, when the organ needs time to heal. The organ could be the small intestine, colon, rectum, or bladder. With an ostomy, there must be a new way for wastes to leave the body.

There are many different types of ostomy. Some examples are

Ileostomy - the bottom of the small intestine (ileum) is attached to the stoma. This bypasses the colon, rectum and anus.

Colostomy - the colon is attached to the stoma. This bypasses the rectum and the anus.

Urostomy - the tubes that carry urine to the bladder are attached to the stoma. This bypasses the bladder.

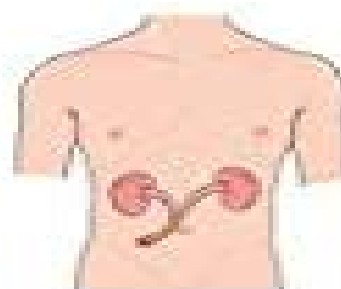
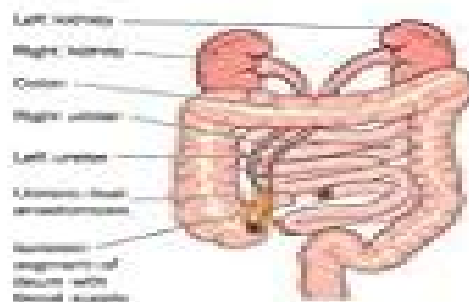
Caring for your ostomy is an important part of maintaining your quality of life. You will need to:

- Empty your pouch as needed.
- Replace your pouching system as needed (usually every 3 to 7 days). This may include measuring your stoma (the exposed section of intestine) and cutting the barrier to size.
- Care for your skin and stoma and watch for skin irritation.
- You may also irrigate a colostomy, which helps you control when you eliminate waste. Irrigation requires your doctor's approval and guidance.

How Do I Care For My Ostomy?

- Proper care for your ostomy includes learning how to empty and replace the pouch and knowing what to watch for.
- Some people choose to irrigate a colostomy. Irrigation is a procedure in which you stimulate and flush the intestines at a regular time to control when you eliminate solid wastes.

Note: If caring for an infant or child with an ostomy, the same information and procedures generally apply. But the ostomy pouch will be smaller and will most likely need to be replaced more often. Different adhesives may be used to attach the pouch because a child's skin is more sensitive than an adult's skin. Your wound, ostomy, and continence nurse (WOCN) will help you learn how to care for your child with an ostomy. Irrigation is not appropriate for children.



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