




E-Book

Living with Ostomy



**HEALTH
PRODUCTS
FOR YOU**

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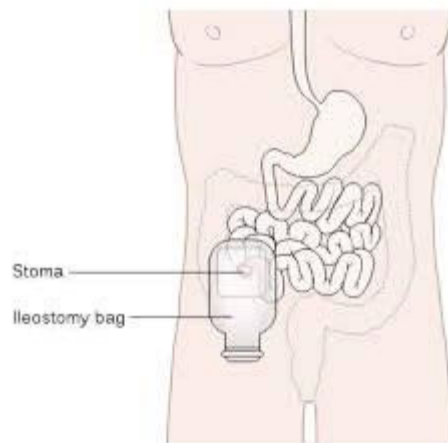
Introduction

Living with Ostomy

An [ostomy](#) is an artificial opening which is surgically created in the abdominal region to discharge body wastes. Temporary ostomy allows the organ to heal whereas permanent ostomy removes the organ altogether.

There are three types of ostomies:

Ileostomy

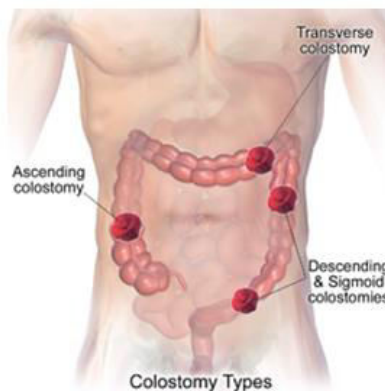


In ileostomy, a small opening is created in the small intestine, generally at the end of the ileum. The intestine is put through the abdominal wall to form a stoma. Ileostomies may be temporary or permanent, and may involve removal of all or a part of the entire colon.

Introduction

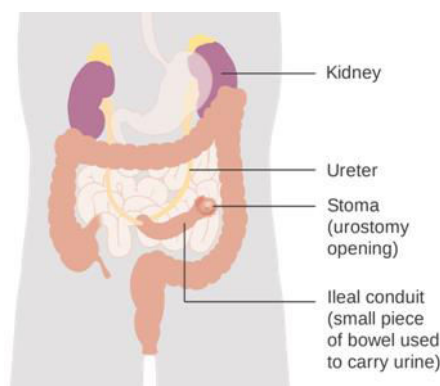
Living with Ostomy

Colostomy



In Colostomy, an opening is created in the colon (large intestine) which results in a stoma. A colostomy is created when a part of the colon or the rectum is removed and the remaining colon is brought to the abdominal wall.

Urostomy



This is a common term for surgical procedures which divert urine away from a diseased or defective bladder. The ileal or cecal conduit procedures are the most common urostomies. A section at the end of the small bowel (ileum) or at the beginning of the large intestine (cecum) is surgically removed and relocated as a conduit for urine to pass from the kidneys to the outside of the body through a stoma.



CHAPTER ONE

Ostomy Care

Ostomy Care

Living with Ostomy

Once the surgery is performed, you can return to your daily life, but it is important to care for your ostomy as well. Caring for your ostomy is not only medically necessary, but is important in maintaining your quality of life. Care for your ostomy includes emptying your pouch when necessary, replacing your pouch system as needed, and skin & stoma care. Irrigating your colostomy is a good idea to control the flow when you eliminate waste. Irrigation requires the approval of your doctor and he or she provides the needed guidance. Vigilant hygiene helps prevent infection and ensures that your ostomy performs properly.

How Do I Learn to Care for My Ostomy?

After the surgery and the stipulated recovery, it's time return to your normal life. Your doctor gives you guidelines for looking after your ostomy. It's important not only to look after your colostomy/ileostomy, but your skin and stoma need attention too. Wound, ostomy, and continence nurses are available in some medical centres and can help you learn how to care for yourself. Online resources are abundant and easy to access, but your doctor should always be consulted before changing any care plan.

What Will I Need?

Since an ostomy is a surgical procedure made necessary by an injured digestive system, a hole is made in the abdomen and the intestines are attached to the abdominal wall (the stoma) to facilitate waste disposal. The need to keep everything clean and infection free requires different supplies. Since there is no muscle around the stoma, you can't control the waste or gas disposal. You will need pouch systems, barrier paste, skin wipes/powders to protect skin under the barrier and around the stoma, tape, and other medical supplies your healthcare provider may wish you to have.



CHAPTER TWO

Ostomy Skin Care

Ostomy Skin Care

Living with Ostomy

People with ostomy often complain about skin irritation from the stool, urine, or pouching system. It is important for ostomy patients to treat their skin gently and use the right ostomy products to decrease the chance of skin problems.

Skin Paste

In order to have a good seal around the stoma, a skin paste is applied in order for your system to work properly. Coloplast manufactures both the Brava Ostomy Strip Paste and their standard [Ostomy Paste](#). Other products include [ConveTec Stomahesive Paste](#), [Genairex Securi-T Stoma Paste](#), and [Montréal Osto Stoma Paste](#). Another great option is the [Cymed Micro Hesive Stoma Paste](#). These pastes act as fillers for uneven skin areas around the stoma in order to facilitate a better seal.

Skin Powder

The use of [skin powders](#) keeps moisture away from adhesives and the skin dry. It also reduces skin irritation. They also help with excoriated skin caused by adhesives. Coloplast Brava Nonsterile Ostomy Protective Powder and Parthenon K-gum Karaya Ostomy Powder are good choices for skin powder. Brands like ReliaMed and Montréal also offer Pectin Powders. They are often applied by squeezing the bottle and puffing the powder onto the desired area for increased ease and convenience.

Adhesive Remover

Since colostomy/ileostomy kits are attached via adhesives, it's important to remove those adhesives when changing your pouch kit. Safe N Simple Peri Stoma [Adhesive Remover](#) Wipes offer a convenient and gentle way to remove adhesives. They are alcohol free, no-rinse, no-sting, and easy to handle wipes.



CHAPTER THREE

Diet and Nutrition

Diet and Nutrition

Living with Ostomy

Having an [ostomy](#) should never stop you from having foods that you like. But you must be careful that the foods do not cause any problem. The first step is to always ask your doctor about the foods that are good for your health and also those that are neutral.

Common Response to Certain Foods

Responses	Food Type
Gas	Beans, carbonated beverages, asparagus, beer, broccoli, sprouts, cabbage, cauliflower, peas, onions.
Thinned stool	Grape juice, high-sugar foods, fried foods, spicy foods
Thickened stool	Apple sauce, bananas, cheese, pasta, rice, peanut butter (creamy) and potato (without skin).
Incomplete digestion	Celery, apple peels, cabbage, coconut, corn, dried fruit, mushrooms, nuts, pineapple, popcorn, seeds, skins from fruits and vegetables.
Increased odour	Alcohol, eggs, fish, asparagus, broccoli, dried beans, garlic, onions, and peas.
Reduced odour	Buttermilk, cranberry juice, parsley, yoghurt.

One should take care of these points specifically:

- Regular and Organized Eating
- Good Amount of Liquids
- Avoid any Blockages
- Chew your Food Well
- Requirement of Vitamins
- Try New Foods one at a time in Small Quantities

Diet and Nutrition

Living with Ostomy

There are different foods for different types of ostomies:

Colostomy Food – Water is of utmost importance and the consumption of at least 6-7 cups of water in a day is a must. Fibers and fluid can be obtained from fruits and vegetables and one should eat good amounts of fruits every day. Don't intake a lot of cereals and grains as they contain a lot of fibre. Avoid foods like eggs, beans, fish, alcohol, etc in the open as they are odor or gas producing foods and might create an embarrassing situation in public.

Ileostomy Food – One should avoid high fiber foods after this surgery as the ileum is a narrow passage and these foods can cause blockages. Drink at least 6-8 cups of water in a day. You should slowly increase the consumption of foods such as cereals, mushrooms, peas, nuts, etc. Always remember that different people react differently to different foods. And so you should always consult your doctor if you notice something irregular in your daily life or diet.

Urostomy Food – Usually, people who undergo a Urostomy do not have to follow a specific diet, unless your doctor advises you to do so. But there are some things that one has to take care of. For example, one should avoid foods like asparagus, eggs, fish, alcohol, onions, etc. as they give a bad odor to your urine and may cause problems for you. But if one does use these foods in their daily life, they might have to take other foods that neutralize the odor. For example, cranberry juice, buttermilk, parsley, and yogurt should be consumed to neutralize the odor.



CHAPTER FOUR

Exercise and Fitness

Exercise and Fitness

Living with Ostomy

One of the greatest benefits of exercise is the ‘feel good’ factor. It will not only boost your confidence but also the ability to cope with your stoma and quality of life. Exercise is also important to avoid any post operative weight gain which could negatively affect the adherence of your ostomy pouch. You should always consult your doctor, nurse, or therapist before beginning any exercise program (especially after surgery). You can talk to a physical therapist for simple exercises and fitness program.



Walking

For endurance, walking is an excellent exercise. It is an ideal choice and can be as gentle or brisk as you want. After your surgery, along with getting your bodily systems moving, it helps in recovery as well. Begin slowly and work up to a longer distance and at a brisker pace. Empty your [ostomy pouch](#) before you begin. Walking also helps reduce the possibility of constipation and is a great stress reducer. Before you begin, give some support to the pouch with support garments.

Jogging

Jogging is a great exercise and for this you do not have to change your current ostomy system. Your current ostomy pouch will work. If comfort and security are major concerns, you could try a mini-pouch. Prefer wearing an [ostomy belt](#) to keep the appliance in place. It will also drastically reduce the bouncing. Drink water before, during, and after the session.

Exercise and Fitness

Living with Ostomy

Yoga

Yoga heals on cellular level, and deep breathing assists in rejuvenating cells. It will also improve your posture, strength, and flexibility. The [BodySport Yoga Mat Bag With Yoga Block Pouch And Water Pouch](#) allows you to bring all you need to practice yoga. Ostomy patients can become dehydrated easily, so make sure you exercise with plenty of water. You can try using the [BodySport Yoga And Fitness Mat](#) for a nonslip surface to avoid injury and the [BodySport Foam Yoga Block](#) to perform poses safely. For those that are new to yoga, the [Valeo Yoga Kit](#) has everything a beginner might need. It contains a [yoga mat](#), strap, two foam blocks, nylon tote bag, and a yoga instruction wall chart. It makes yoga easy for the ostomy patient starting down the exercise road.

Gym

Avoid lifting any weights for at least 12 weeks after surgery. Following your doctor's advice is crucial. Start the session and target large muscles group like legs and upper torso. Go easy on yourself and do just a few repetitions. Take plenty of rest between sets. Keep yourself hydrated during workouts and eat well afterwards. Benefits will be visible if you are consistent. An Ostomy belt is a must in this situation to diminish risks of injuries and parastomal hernias.

Water Therapy

Your therapist may recommend water therapy and adding lower body resistance with the [AquaJogger Aquarunners RX Water Resistance Footwear](#). They can help strengthen and tone your lower body and larger core muscles. Just make sure if you are going to exercise in water, you should wear the appropriate appliance. You can use a waterproof tape such as the [3M Nexcare Absolute Waterproof Premium First Aid Tape](#) which will keep on sticking even in water to help keep any ostomy appliance in place.



CHAPTER FIVE

Intimacy and Ostomy

Intimacy and Ostomy

Living with Ostomy

Many ostomy patients may think that many of their common activities they did before surgery can no longer be done. While there may be some restrictions or alterations after surgery, the truth is there may be little that you can't do. One of the biggest concerns is a return to intimacy after surgery.

Acceptance

After you have accepted and adapted to new ways of doing things, you have already proven that you can achieve anything you desire. When it comes to the desire of companionship, romance, serious relationship, or social acceptance you have to take a step ahead.

Go Easy On Yourself

It is important to realize that ostomy does not change your ability to love and commit. People who really care for you, understand this fact. It is always better to tell them in early stage of a relationship as the adverse reaction of a letdown is not as harsh as it might be later. Also it gives a good indication of the person's feelings about the real you. To make the things easier, men can wear covering like [Options Style 93206 Mens Brief With Open Crotch And Built-in Ostomy Barrier Support](#) and women can go for [Options Style 83002 Ladies Brief With Open Crotch and Built-In Barrier Support](#) , in which the pouch can be safely tucked in.

Intimacy and Ostomy

Living with Ostomy

Communication

The key to any successful intimate relationship is communication. In order to have a successful physical relationship with someone, you must come to grips with the ostomy yourself. Being comfortable in your own skin can help your partner immensely. As ostomy.org points out, harmony within oneself precedes harmony in a relationship. While you can pick and choose who you wish to tell about your ostomy, any prospective partner in intimacy needs to be told. As a matter of fact, your pouch is not something you can hide in an intimate moment. Ostomy.org also suggests that when you explain your surgery to your partner you do it in a manner that is clear and concise. Tell your partner that your surgery was necessary and won't interfere with your everyday activities (including intimacy).

Hygiene

It's an understatement that any intimate moment can be ruined by anything unhygienic. This also applies to ostomates who may be concerned about returning to intimacy after surgery. Those with an ostomy can use the [ReliaMed Ostomy and Urostomy Appliance Cleaner](#). Just add a tablespoon to warm water and after a 20-30 minute soaking you have a clean appliance!! Another way to clean your ostomy or urostomy appliance is to use the [Coloplast Alpine Fresh Appliance Cleaner](#). It is easy to add to appliances and can even be used on reusable leg bags. Cleaning and deodorizing your ostomy appliance can be made easier with the [deodorizer](#) like [Hollister M9 Odour Eliminator Drops](#). In case if you want to internally treat odour you can use [Parthenon Devrom Chewable Internal Deodorant Tablets](#). To help prevent leakage in ostomy pouches and make stomal fluids more manageable you can use [Parthenon Par-SORB Ostomy Travel Size Absorbent Gel Packets](#) it converts the stomal fluid into gel, eliminates pouch noise, and improves confidence.



CHAPTER SIX

Travelling with Ostomy

Travelling with Ostomy

Living with Ostomy

There are a lot of things one has to be careful of while travelling with an ostomy. Go through the following list for complete information:

- 1) Pre-cut all pouches at home, to avoid carrying scissors with you.
- 2) Pack [ostomy supplies](#) in both carry-on and checked luggage.
- 3) Carry extra supplies in case you are stranded and supplies are not available.



Also carry a statement from your physician that states that you might need ostomy supplies. Also a statement advocating a private area in case of an extended search.

If you travel to a foreign country, it is recommended to have critical ostomy information written in their language. One of the 70 member associations of the International Ostomy Association (IOA) may be of help with this translation as well as with locating supplies while visiting their country.

Travelling with Ostomy

Living with Ostomy

Carrying a Scissors – In domestic flights within the United States, you are allowed to carry scissors in your carry-on luggage, as long as the cutting edge is shorter than 4 inches. Initially, after Sept 11, 2001, pointed metal scissors were banned from carry-on luggage worldwide. In the U.S., the Transportation Security Administration (TSA) declared in December 2005 that scissors with cutting edges up to 4 inches are allowed. Meanwhile, if you travel outside the U.S., you may face more severe restrictions on carrying scissors. Some countries allow regulated sized scissors while other countries may prohibit scissors in carry-on entirely. So, if you're travelling internationally, unless you're sure of the rules in the countries you'll be flying through, it's best to avoid scissors in your carry-on (you can always pack scissors in your checked luggage).

Carrying Liquids and Gels – According to the rules, items such as liquids, gels, or aerosols must be carried in containers smaller than 100 mL (3.4 ounces), and you can carry only as many of these as fit comfortably into a single one-quart (one-litre) zip-top clear plastic bag. These rules are generally enforced worldwide. The most important ostomy supplies, such as pouches and barriers, are not liquids, gels or aerosols, so they aren't subjected to these rules and you can carry as many as you want in your carry-on. But some related ostomy products do fall into the liquid-gel-aerosol category. If you need to carry a few of these on the airplane, it's usually easy to fit them into your zip-top plastic bag to comply with rules. If you need more of them, you can pack as many as you want in your checked luggage. Larger quantities of liquids-gels-aerosols which are medically necessary and must be carried on board the plane are allowable, but must be declared at the security checkpoint and require additional screening.



“Freedom (n.): To ask nothing. To expect nothing. To depend on nothing.”

Ayn Rand, The Fountainhead



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