

Caring for Colostomates

An Aide-Memoire for
Nursing Home Staff and other Carers
who look after people with a Colostomy



Freephone helpline:
0800 328 4257

Literature and Factsheets


Please see below a list of our current publications these will in due course, be available for download from our website or via e-mail. Please contact 0118 939 1537 for more information.

Booklets and Leaflets

- Living with a Colostomy
- Healthy Eating
- Travel Advice
- Travel Certificates
- A Guide to Irrigation
- Rectal Discharge
- Reversal

Factsheets

- Deodorants
- Insurance
- Magazines for Ostomates
- Manufacturers of Stoma Products
- Trousers
- Pouch Covers
- Stoma Product Suppliers
- Collectors of Spare Ostomy Supplies
- Swimwear
- Underwear
- Support garments for Ostomates
- Websites for Young Ostomates
- Useful Organisations



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0800 328 4257

How to contact us...

colostomy  association

2 London Court
East Street
Reading RG1 4QL
Tel: 0118 939 1537

Helpline: 0800 328 4257

E-mail:

cass@colostomyassociation.org.uk

Website:

www.colostomyassociation.org.uk



Caring for Colostomates

Patient Profile: An at a glance reference guide for Carers and Patients

NHS No:

Date of Birth:

Name: (Mr/Mrs/Miss/Ms)

Address:

Postcode:

Telephone No:

Hospital/Outpatients attended:

About the Stoma:

Stoma Type:

(Colostomy/Ileostomy/Urostomy)

Stoma Size: (mm)

Template: Yes No

Appliances in use:

Description: Item Code: Order Ref:

Main Contacts for Carer and Patient:



Colostomy Association: Contact Tel No: 0118 939 1537 Helpline: 0800 3284257



Stoma Nurse: Contact Tel No:



GP/Practice: Contact Tel No:



Consultant/Surgeon: Contact Tel No:



Pharmacist: Contact Tel No:



Main Supplier: Contact Tel No:

Manufacturers/Suppliers: Helplines:

Braun 0800 163007
CliniMed 0800 585125
Coloplast 0800 220622
Convatec 0800 282254
Dansac 0800 581117
Hollister 0800 521377

Manufacturers/Suppliers: Helplines:

Marlen UK 0121 708 2077
Oakmed 0800 592786
Peak Medical 0800 6520424
Pelican 0800 0525471
Prescription 0800 525350
Salts Healthcare 0800 626388

Getting ready to change the Appliance -

1 Make sure you have what you need before you start:

- Disposal bag
- Special wipes or lotion (if applicable)
- Warm water and a towel
- New appliance (this may already be pre-cut to the size of the stoma, if not the stoma may be measured using the manufacturers template and the hole in the appliance trimmed to fit correctly)

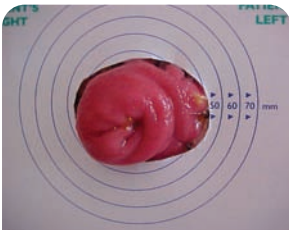


Fig.1 Correct

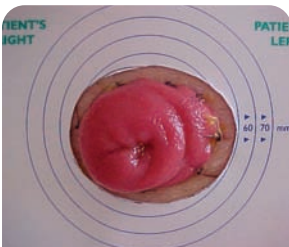


Fig.2 Incorrect

- Adhesive remover
- Scissors (if required)

2 Remove the old appliance carefully (with adhesive remover, if necessary) this will help to prevent any trauma/damage being caused to the skin. Always ensure that you check the skin around the stoma for any signs of early irritation. Gently clean the stoma and surrounding skin with warm water. Do not use soaps or baby wipes as these often contain perfume or moisturisers and may affect how your pouch/flange sticks or may irritate your skin.

3 Make sure you gently pat the skin dry before applying any protective film, give the film time to dry before fitting the new pouch/flange. Press it on for several minutes.

Dealing with Sore Skin

This must be dealt with at once - thoroughly dry the area (a hair drier may be helpful). Special lotions are available otherwise use calamine lotion, but allow it to dry. If problems continue consult the stoma care nurse about using a two piece or a drainable appliance to rest the skin, if there is no improvement, also if there appears to be an allergic reaction to the hydro-colloid adhesive.

Check the size of the stoma every few months - make sure the hole in the stoma pouch/flange fits snugly around the stoma. (See Fig. 1) If it is too large, skin will show and be irritated by the stoma output, which can make it sore. (See Fig. 2) If the hole size is too small, it may cause the stoma to swell.

Bleeding

The stoma bleeds easily if it is rubbed a bit too hard; only worry if it does not stop and consult the stoma nurse. Note: the stoma may bleed more easily if warfarin, aspirin, or clexane are being taken.

Constipation

Use docusate sodium or movicol, senokot is safe and gentle. DO NOT USE lactulose, suppositories or enemas as the stoma will reject them. After five days or if there is pain consult the stoma nurse or the G.P.

Diet

Eating more fibre and fruit should help to make stools softer as will drinking plenty of juice or water.

Wind

This is managed by a filter within the pouch. DO NOT pierce the pouch but change

or empty it if ballooning occurs. Too much fibre can cause wind as can carbonated drinks.

Diarrhoea

Immodium or Codeine phosphate will stop diarrhoea but will not eradicate the cause. If it persists consult the G.P. Note: medication or infection may be the cause.

Leakage

This can be reduced by making sure everything is dry before fitting the appliance. Creases may be filled with a special “putty”, check with the stoma nurse. Manufacturers and suppliers will be able to advise on additional methods for sealing appliances, such as additional adhesive supports.

Parastomal Hernia

Call our helpline to talk to someone who has experienced this, or speak to the stoma nurse. (Special support belts can be obtained.)

Types of Bags

There are several types. ALL must receive attention if full, or inflated, as delay may lead to leakage.

- **Closed bags** – are usually changed twice a day, or when full. They have a filter, if this becomes blocked it may be necessary to fit a new one.

- **Drainable bags** – may be worn for two or three days as they can be emptied when full. Most newer products have an integral velcro seal. Emptying these bags can be made easier by oiling the inside carefully before putting it on.

- **Two piece appliances** – have a base plate which is fitted accurately round the stoma and a bag which either sticks or clips (or both) to it. These bags can be quickly changed. Some types can be washed.

Other systems

- **Irrigation** takes 30 to 60 minutes. A reservoir or a pump is used to flush out the colon which then needs no attention for one to three days. Ring our Helpline to talk to an ‘irrigator’.

- **The Plug** is a system which, as its name implies, stops all faecal movements until it is removed. Contact our helpline for more information or the stoma nurse.

Neither of these systems are suitable in the caring situation.

Prescriptions

All colostomates should have a list (from hospital), or a repeat prescription form, detailing the appliances that they use, these can be recorded on the Patient Profile.

Remember: You don’t have to put up with sore skin or leakages. If you are having problems, contact your stoma care nurse to arrange a review.