

Living with an ostomy

Essential advice for before and after your operation

Coloplast®
Care



Having any operation can be an emotional experience but being well prepared can help you to know what to expect. Whether your operation was planned or an emergency, this booklet has been specially written to answer some of the questions often asked about having an ostomy and can also act as a quick reference guide for later on.

...we're here to help

The first thing you can be assured of is that you will have lots of support.

Your care team includes your surgeon, your Stoma Care Nurse and many other healthcare professionals. We are all here to give you, your family and carers, help and advice both before and after your operation, while you are in hospital and when you go home.

It's natural to have lots of questions so, no matter how small it may seem, if you have any concerns please ask a member of your care team. They will be more than happy to help.

The information contained in this booklet is general and some of it may not apply to you. Inevitably there will be some issues that this booklet doesn't address or that you would like more information about.

At Coloplast we've developed a number of other resources to help you through your experiences. For complimentary copies please call or email us on:

+6235 5933

sgcare@coloplast.com



Coloplast is a proud supporter of Ostomy Association of Singapore, a national charity working to reduce the impact of bowel cancer in our community through advocacy, awareness, education, support and research. To do all this Ostomy Association of Singapore relies on public support. If you would like to get involved or make a donation, please visit www.oas.org.sg

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Your operation

Understanding your digestive system

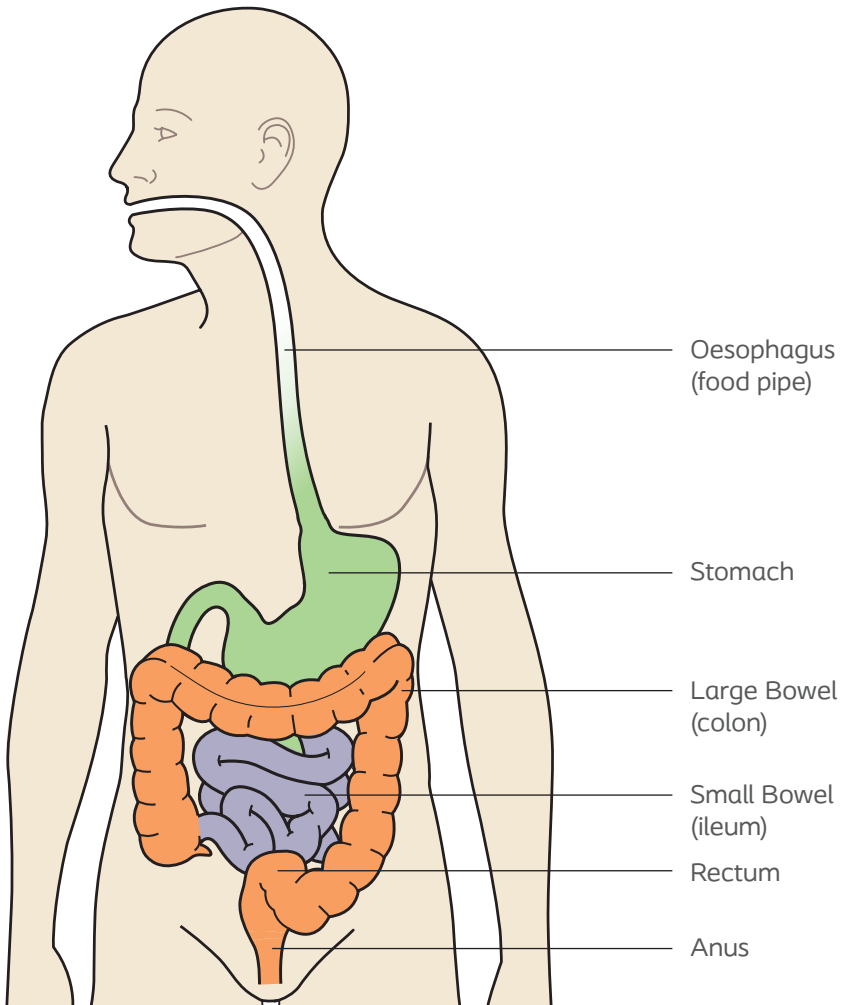
Having any type of surgery can feel daunting. So, to help you understand what is involved in your operation, we'll first take a look at your digestive system and describe how it works.

Have a look at the diagram of the digestive tract and starting at the mouth follow it all the way down to the anus.

When you eat or drink, the food travels down a long, narrow tube called the oesophagus (food pipe) into your stomach. Once here, the food is churned into smaller pieces and liquidised by the digestive juices in the stomach. The journey continues as the contents of the stomach move into the small bowel (ileum). Here digestion finishes and your body begins to absorb, via your bloodstream, the nutrients it needs for energy, growth and building new cells.

The residue from digestion, very importantly, leaves waste and roughage behind. This is the initial making of faeces or stools. This material then moves forward into the large bowel (colon) where your body absorbs more fluid to make the faeces more solid. The muscles in your colon wall then push any faeces forward into your rectum where it passes out of your body through your anus.

“Your surgeon and Stoma Care Nurse will explain the type of surgery you’ll be having and why you need to have a stoma”

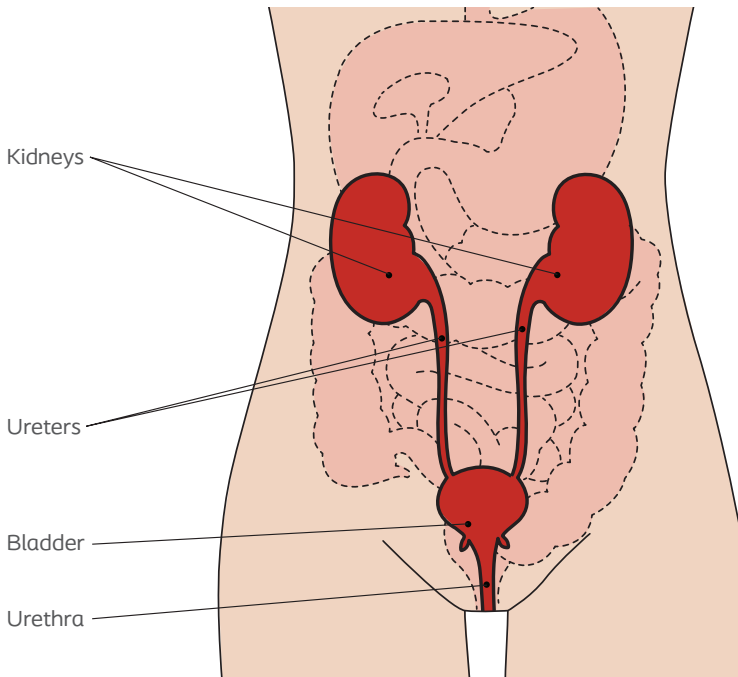


Understanding your urinary system

Having any type of surgery can feel a little daunting. So, to help you understand what is involved in your operation, we'll first take a look at your urinary system and describe how it works.

Have a look at the diagram of the urinary system and follow it down from the kidneys via the ureters to the bladder and urethra.

Urine is made by your kidneys and travels down two tubes called the ureters to your bladder. You have control over the time you go to the toilet and your urine is stored in your bladder until you get a sense of when you need to urinate. Your urine then passes out of your body through the urethra.



Types of stoma

Ileostomy

During your operation, part of your small bowel will be brought to the surface of your abdomen to form a stoma (opening). If possible, you may be able to agree on a site for your stoma with your Stoma Care Nurse before your operation. This is usually made on the right-hand side of your body, but may in some circumstances be on the left-hand side.

Colostomy

A stoma which is formed after removing the large bowel or colon is known as a Colostomy. During your operation, part of your large bowel (colon) will be brought to the surface of your abdomen to form a stoma (opening). If possible, you may be able to agree on a site for your stoma with your Stoma Care Nurse before your operation. The opening is usually made on the left-hand side of your body, but may in some circumstances be on the right-hand side.

What difference will having an ileostomy / colostomy make?

When an ileostomy / colostomy is performed it alters the usual way you pass faeces. After surgery, instead of the faeces coming out through your anus, it will pass through the stoma instead. Normally the way you pass faeces is controlled by a special sphincter muscle in the anus. However, the main difference you will notice when you have a stoma, is that you will no longer be able to hold on to or have control over, when you need to pass faeces. You will also not have any control over when you pass wind or flatus.

Ostomy bags are specially designed to help you with these challenges, so that you can live life to the fullest!

Urostomy

For some people your bladder may need to be removed because it's damaged or diseased. During your operation a passageway will be made for urine to pass from your kidneys to the outside of your abdomen to form a small spout. This is called a stoma (opening). If possible, you may be able to agree on a site for your stoma with your Stoma Care Nurse before your operation.

What difference will having a urostomy make?

When a urostomy is made it alters the usual way you pass urine. After surgery, instead of coming out through your urethra, your urine will pass through the stoma instead. The traditional way you pass urine is controlled by a special muscle in the urethra. However, the main difference you will notice when you have a stoma is that you will no longer be able to hold on to, or have control over, when you need to pass urine.

What will the stoma look and feel like?

The stoma will be moist and pinkish red in colour and will protrude slightly from your abdomen. It may be quite swollen to begin with but will reduce in size over time – usually after 6-8 weeks.

Despite being red, there is no sensation in the stoma and it's not painful.



Ileostomy just after the operation



Ileostomy some time after the operation



Healthy end colostomy
– some time after surgery



Loop colostomy – just after surgery and with plastic bridge



Urostomy – with stents for drainage just after operation



Healthy urostomy – some time after operation



In Hospital

How will I feel after my operation?

Following surgery it's not surprising that you will feel weak. You may go through a whole range of emotions and this will vary from person to person. It's important to remember, emotionally and physically, it may take a while for you to recover and to get back to feeling like yourself again.

What should I know?

When you wake up after the operation you'll be wearing your first bag. This will probably be a clear one so that your nurses will be able to check on your new stoma easily. At first your stoma may be swollen but it will gradually decrease in size over several weeks.

You may also have drips and drains attached to your body and there may be a 'bridge' (supporting rod) which goes underneath the stoma to support it for the first few days. Please don't be alarmed as these are all routine procedures and will be removed with very little discomfort when appropriate. Your doctor will advise you when you will be able to eat and drink as usual.

When will my stoma begin to work?

Your stoma will begin to work shortly after your operation, usually within a few days. For ileostomy / colostomy, the initial output will be watery and may have a strong smell given your bowel hasn't been working for a while. Occasionally the output may be mixed with a little blood. Initially, it is also likely that a certain amount of noisy wind (or flatus) will come from the stoma, again this is perfectly normal and will settle.

Why do I need to wear a bag?

After your operation your faeces / urine will pass out through your stoma instead. However, you'll have no control over your bowels or when you pass urine and you will need to wear an ostomy bag (or pouch) to collect the output

There are several different types of ostomy bags and your Stoma Care Nurse will show you ones that are most suitable for you.



How does an Ostomy bag work?

The bag is designed to stick onto your abdomen where it will collect the faeces and flatus or urine from your stoma.

The bag is waterproof so you can wear it whilst you are in the shower or bath.

What happens when the bag needs emptying?

In the first few days after your operation you'll wear a clear bag, but you can then move onto an opaque bag. Your nursing staff will help with emptying the bag, and other tasks, until you are ready and have learnt how to do it for yourself.

What sort of bag should I choose?

There are many different ostomy bags available and your Stoma Care Nurse will be able to help you choose the most appropriate one for you.

Stoma bags

There are two main types of systems:

One-piece system

This consists of the collection bag with an integrated baseplate attached which firmly fits around your stoma.

Two-piece system

This has the collection bag separate from the baseplate and the two parts are securely clipped together. This means that you don't have to remove the baseplate from around the stoma every time you change the bag.

Both systems will be kind to your skin, lightweight, leak-proof and odour proof which means that they will be virtually undetectable to anyone else so you can carry on with life as normal. The bags are available in a variety of sizes to suit your specific needs.

How should I dispose of used bags?

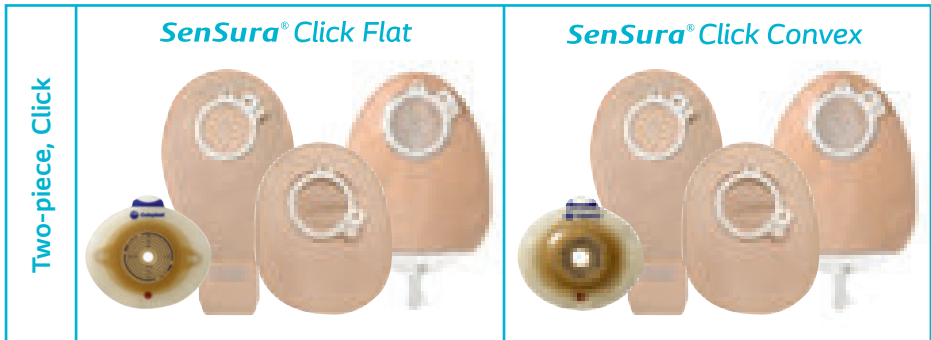
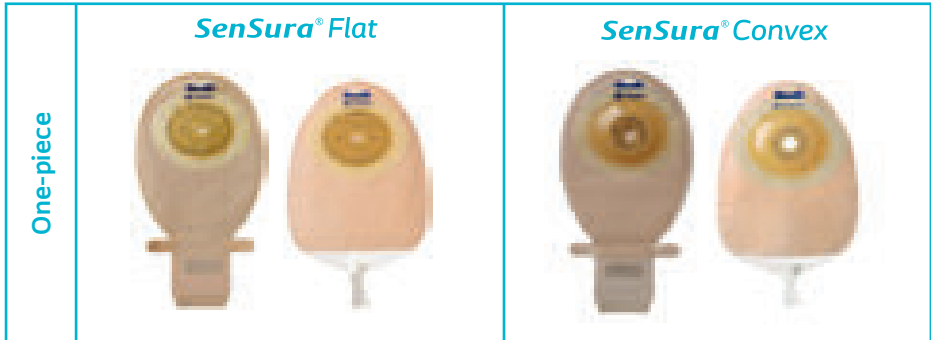
If you are using a drainable bag, it's recommended that you empty the bag before you remove it. Then seal the bag inside a disposable bag and place in the bin.

DO NOT flush it down the toilet, as it will cause a blockage.

If you are using public disabled toilets they should have suitable facilities. You can also use nappy changing bins or sanitary bins if available.

SenSura®

Tough on leakage.
Gentle on skin.



SenSura Features

- Filter with pre-filter reduces the risk of ballooning and neutralise odour
- Hideaway® outlet that can be folded away



“Be careful not to store your bags in direct sunlight or near heat, as this can make them deteriorate.”

Changing Guide

1-Piece and 2-Piece Click (Flat and Convex)

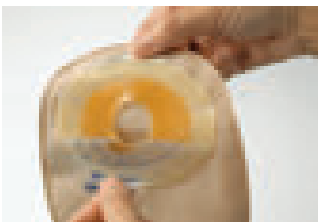
i If you experience an allergic reaction, please contact your healthcare professional. Coloplast accepts no liability for any injury or loss that may arise if this product is used in a manner contrary to Coloplast's current recommendations.

Preparation (1-Piece and 2-Piece)

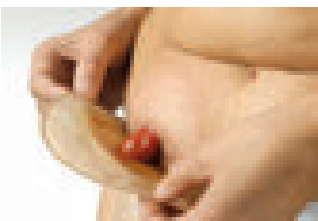


- Cut a hole in the baseplate to fit the exact size and shape of the stoma using a pair of curved scissors and the cutting guide on the baseplate. You can use the enclosed stoma measuring guide to measure the size and shape of the stoma. An exact fit between the hole and the stoma is important to reduce the risk of leakage and skin problems.
- Thoroughly clean the stoma and surrounding skin area. The skin must be completely dry before application of the baseplate.
- Please remember to close the outlet before use.

Application (1-Piece)



- Peel off the protective film from the adhesive.



- Fold the adhesive backwards, align the adhesive around the stoma and press it firmly onto the skin.
- Apply a small amount of pressure on the bag to ensure fast adhesion and a perfect fit between the adhesive and the skin around the stoma.

Application (2-Piece)



- Peel off the protective film from the adhesive.
- Align the baseplate around the stoma and apply a small amount of pressure on the baseplate to ensure fast adhesion and a perfect fit between the adhesive and the skin around the stoma.
- The adhesive must fit snugly around the stoma. To prevent leakage it is important to ensure a tight seal around the stoma. When applying pressure to the baseplate/bag on the abdomen, begin in the area around the stoma and press the adhesive to the skin. Run a finger all the way around the stoma to ensure that the adhesive seals. Smooth the adhesive down, starting from the stoma and moving outwards to the edges, to ensure that the adhesive has made full contact with the skin.
- Ensure the top of the baseplate is dry and clean (When cleaning the top of the baseplate only use water).
- Make sure that the lock ring is open. Position the bottom of the bag coupling at the bottom of the baseplate coupling.
- Press the bag and the baseplate together at the bottom with your middle fingers and with your index fingers apply a gentle pressure to the top of the coupling until you feel the bag is correctly positioned to the baseplate.
- With your index fingers apply a gentle pressure to the top of the coupling until you feel the bag is correctly positioned to the baseplate.
- Close the lock ring by pressing the lock together. The bag is securely attached to the baseplate when you hear a 'click'.

Closing the outlet (1-Piece and 2-Piece)



- Place the bag on a table with the baseplate pointing downwards. Bend the lower, small plate over the upper, large plate of the outlet. Fold the outlet twice until the velour plate is in line with the velcro ears.



- Seal the outlet by folding the velcro ears onto the velour plate and press firmly.

Emptying / Draining Open Bag (1-Piece and 2-Piece)



- Open the outlet in the position where you want to empty the bag. Allow the contents to run out while you control the emptying with your fingers

Cleaning of the Outlet



- With a tissue or dry wipe clean the tip of the outlet in one sliding movement away from your body. Next you need to clean the edge of the outlet. Fold the small plate backwards so that only the large plate is visible. Clean the edge of the outlet with a tissue or dry wipe. The outlet is now clean and ready to be closed again.

Emptying and Draining Urostomy Bag (1-Piece and 2-Piece)



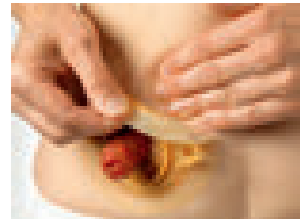
- Hold the plug/end of the outlet upwards and squeeze the outer end of outlet, pull out the plug, and relax your hold on the outlet and then drain the bag. After complete drainage, ensure that the outlet is firmly closed with the plug fully inserted.

Removal (1-Piece)



- Gently remove the bag by pulling the removal ear on the adhesive away from the abdomen and roll the adhesive slowly downwards.
- Apply light pressure on your skin with your free hand to help removal.
- The product is intended for single use only and should be disposed of in accordance with local guidelines, e.g. with normal household waste.
- Do not flush the product down the toilet.

Removal (2-Piece)



- Remove the bag by opening the lock ring by pressing the small tab with a finger tip.
- Hold onto the removal ear and remove the bag by carefully pulling the bag away from the baseplate.
- Gently remove the baseplate by pulling the removal ear on the baseplate away from the stomach and roll the baseplate slowly downwards.
- Apply light pressure on your skin with your free hand to help removal.
- The product is intended for single use only and should be disposed of in accordance with local guidelines, e.g. with normal household waste.
- Do not flush the product down the toilet.

Urostomy Night bag (1-Piece and 2-Piece)

- For greater security we suggest you use the Coloplast Urostomy night bag, specially designed to connect directly into the SenSura Urostomy bag. However, the SenSura Urostomy bags can be connected to all types of overnight drainage bags by using the connector supplied. The narrow end is pushed into the outlet of the SenSura Urostomy bag and the other end is connected to the night bag.

Belt

- Adjust the belt length, by pulling the straps, so it fits your body. There is no need to remove the fabric covering the buckle.
- Attach the belt hooks to the belt ears on either side of the baseplate. Start from the front and apply a light pressure towards the stomach. Then pull the belt hooks away from the coupling, until they “click” in place. (Only applies for products with belt ears.)

What else should I know?

The baseplate and your skin

The adhesive baseplate is the most important component of an ostomy appliance. Its primary role is to help maintain healthy skin around the stoma.

Coloplast worked together with Stoma Care Nurses and ostomates when developing ostomy appliance, SenSura®. In this collaboration, Stoma Care Nurses and ostomates identified the five ‘must have’ parameters in a baseplate. These are:

1. **Flexibility** to ensure the baseplate follows the natural movements of the body, so it does not loosen from the skin
2. **Ease of removal** to be able to remove the baseplate without damaging the skin or causing pain
3. **Erosion resistance** to prevent the baseplate from dissolving, so that the skin is protected from output
4. **Absorption** to absorb excess moisture from the skin and prevent the baseplate from loosening
5. **Tack and adhesion** to make the baseplate stick securely and protect the skin from output

SenSura is the first ostomy appliance scientifically proven to maximise all of these benefits.

The baseplate needs to fit snugly around your stoma

If the hole in the baseplate is larger than your stoma, your skin will become exposed to the harmful effects of the urine and become sore. Additionally, if the baseplate is cut too small it may cause damage to your stoma. Therefore, it's important to regularly check your template size and ensure the baseplate is a snug fit around your stoma. A handy tip is to place your template over your stoma and check if any skin is showing.

Watch out for irritants

Leakage on to the skin, excessive removal of the baseplate and harsh skin cleansers can all cause some irritation of the skin.

Bleeding

It's usual to experience a small amount of bleeding around your stoma when cleaning. This is not a cause for alarm. However, if bleeding comes from inside the stoma you should see your doctor urgently.

Customising your appliance fit

No two bodies are the same, so they need individual solutions. The Brava range of supporting products has been developed to deal with commonly occurring ostomy issues. All products in the range are designed for ease-of-use and can be used with any brand of ostomy appliance.

Remember, there can be many reasons for leakage. If you experience it frequently, consult your stoma care nurse or Coloplast stoma nurse for advice.



Going home

How do I obtain supplies?

Upon leaving the hospital, your stoma nurse will provide you with information on how and where to get supplies. The products that you are using might be available in the hospital's pharmacy or you can contact **Coloplast Care** directly at **+6235 5933** to place order.

Will I still be able to travel?

Generally, it's not advisable to fly within the first 6 weeks following any operation because of the increase risk of Deep Vein Thrombosis (DVT) and it's important to check with your travel insurance. However, apart from that, there is no reason why having an ileostomy should restrict your ability to travel in any significant way – whether in your country or abroad, for business or pleasure. Just remember to pack all of the things you will need for the journey and make sure that you have enough supplies for the duration of your time away. If you are flying, don't forget to divide up your supplies between your main and hand luggage to allow for lost luggage or delays.

Should I still exercise?

Exercise is good for everyone and just because you've had a stoma you are no exception. It is very likely that any exercise you enjoyed before the operation will also be suitable to continue afterwards.

Mini caps are available for use when swimming and playing sport so there is no reason to feel like you can't join in.

Obviously you will need to start with gentle exercise at first but you will soon be able to do just as much, if not more, than before.

What about sex?

This very much depends on the nature of the operation you've had. Generally, a normal loving relationship can be resumed although impotence and/or discomfort may result from the removal of the rectum and may affect women as well as men.

It's important to talk to your partner and try not to feel self-conscious because of the operation. It's also important to talk to your Stoma Care Nurse who is used to discussing such issues and will be able to help in many ways.

Who can I turn to for support?

After having a stoma the main aim is to get you back to enjoying life. That means being at home, or at work, or on holiday – not in hospital – and not 'ill'.

But this doesn't mean that your specialist care team is no longer there to help once you leave hospital – in fact quite the opposite.

Your Stoma Care Nurse, and Coloplast Care Stoma Nurse, will always be on hand to help you with any problems or questions that you might have.

“When you go home there is no reason why, with time, you will not be able to resume the life you were leading before the operation”



Ostomy Association

OSTOMY ASSOCIATION OF SINGAPORE



 9637 2387

 help@oas.org.sg

 www.oas.org.sg

 Ostomy Association of Singapore

Coloplast® Care



Coloplast® Care is a support programme designed to encourage and inspire people to experience a better life with an ostomy. It offers straight-forward advice, personalised support and inspiration. Through our website, by email or on our phone, where our advisers will answer questions and offer advice about everyday challenges.

+65 6235 5933
www.coloplast.sg
sgcare@coloplast.com

Your local Stoma Care Nurse is

Your local support groups are

A big thank you to all of the people with a stoma who helped us by sharing their experiences.

Join Coloplast® Care today!



Coloplast Care is a free support programme for people with a stoma. We provide suggestions on how to solve common issues with your stoma, tips on your routine and practical advice on lifestyle including diet, travel and exercise.

Coloplast Care membership benefits

- Access to advice and support that can help you lead a full life of ostomy
- 2 free home visits by our Clinical Care Specialist (Qualified stoma nurse)
- Phone support
- Invitation to Ostomy related events and activities
- Product guidance
- 15% off any ostomy products*
- 20% off any ostomy products on your birthday month*
- Product sample on requests
- Receive quarterly promotions on ostomy products
- Free cutting services of baseplate
- Free delivery above \$100 purchase of products

Getting started is easy...

Sign up via:



Coloplast Care
Form



Phone:
+65 6235 5933



Email to
sgcare@coloplast.com



WhatsApp:
+65 8299 9579



Sign up online at
www.coloplast.sg/coloplast-care

*Purchase from Coloplast A/S Singapore Office
with a minimum purchase of \$150

The Coloplast story begins back in 1954. Elise Sørensen is a nurse. Her sister Thora has just had an ostomy operation and is afraid to go out in public, fearing that her stoma might leak. Listening to her sister's problems, Elise conceives the idea of the world's first adhesive ostomy bag.

Based on Elise's idea, Aage Louis-Hansen, a civil engineer and plastics manufacturer, and his wife Johanne Louis-Hansen, a trained nurse, created the ostomy bag. An ostomy bag that helps Thora – and thousands of people like her – to live the life they want to lead.

A simple solution that makes a difference.

Today, our business includes Ostomy Care, Contenance Care, Wound & Skin Care and Interventional Urology. We operate globally and employ about 12,000 employees.

Ostomy Care / Contenance Care / Wound & Skin Care / Urology Care

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