

Stoma care

Colostomy

Information for patients, relatives and carers

Before your stoma surgery

You are referred to the stoma care team when you and your consultant have decided you should have surgery to create a stoma.

Our stoma nurses are specially trained to support the needs of people who are about to, or have had, stoma surgery.

We will support you with:

- information on your surgery
- prevention of prolonged hospital stay
- deciding where your stoma will be
- stoma training and practical tips
- diet and fluid advice
- follow up after discharge

Charing Cross Hospital: 0203 313 0862

St. Marys Hospital: 0203 312 1306

Your local stoma team:

Your operation

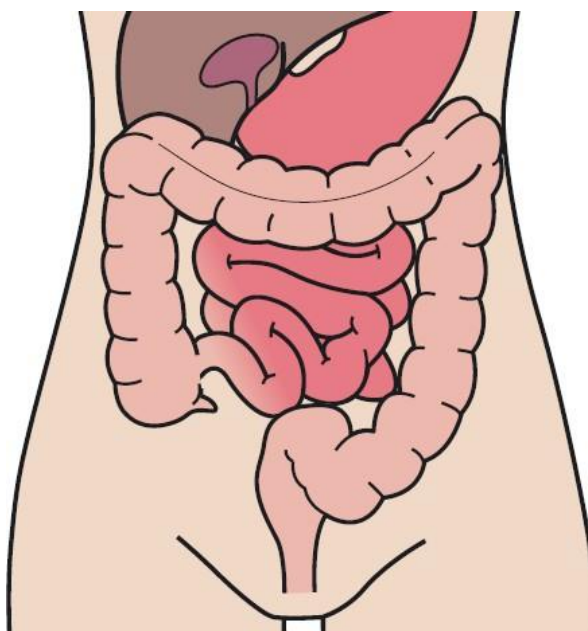
During your surgery, we bring a part of your large intestine to the surface of your abdomen to create a stoma. This is where stool will pass out of your body.

Surgeon:

Your operation:

Type of stoma:

Date:



After your surgery

After your surgery, you will wake up wearing a stoma bag. Your stoma will look red, moist, and swollen at first. Over the next 4 to 6 weeks, it will gradually get smaller. Although it may look painful, you won't have any feeling (sensation) in your stoma.

Your stool might be loose at first when your stoma starts working, so we might ask you to use a drainable bag. As you introduce more food into your diet, the consistency of your stool will become thick and soft and a closed bag might be better. You usually need to change the bag 1 to 3 times per day.

Stoma training

Your stoma nurse will help you on the day after your surgery by showing you how to change your bag. This is the beginning of your stoma training. You need to learn how to take care of your stoma before you can go home. The nurses will suggest the best bags for you.

You can find instructions on how to change a stoma bag at www.imperial.nhs.uk/stomacare or by scanning this QR code:



During your training, you should practice changing the bag every day, even if it looks fine. Occasionally, the nurse might ask you to change it twice a day for practice. Remember, you might not be able to leave the hospital until your stoma nurse confirms that you are ready.

Supplies

Your stoma nurse will give you supplies for two weeks. Usually, we will set up a delivery service to bring more supplies to you. You can also get your supplies from a local pharmacy. Your stoma nurse will let you know what you need to do.

Products:	Manufacturer	Product Code	Quantity
Delivery company:			

If you live outside our catchment area, we will refer you to your local stoma nurse.

LOCAL STOMA NURSE: _____

Contact number: _____

On discharge

Your stoma nurse will arrange a follow up phone call and a follow up with the stoma clinic to check your progress.

Stoma clinic appointment date: _____

*please bring your stoma supplies with you on your appointment

FAQ

Diet and fluid intake

We will tell you to have low fibre / low residue diet for 4 to 6 weeks after your surgery. Once you've fully recovered from your operation, you don't need a special diet and can go back to your regular eating habits. Your stoma nurse will only suggest dietary changes if your diet impacts your stoma output, for example, you have diarrhoea or constipation.

Exercise

Start with gentle exercises until you feel stronger. It's important to maintain your core strength to help prevent complications like hernias or stoma prolapse. Talk to your stoma nurse; they might suggest using a support garment while you get back to your normal exercise routine.

Travel

Having a stoma shouldn't stop you from traveling. Just remember to bring enough stoma supplies for your trip. It's usually not advisable to fly within the first six weeks after surgery due to the risk of deep vein thrombosis (DVT). If you have questions, ask your stoma nurse for tips to help you enjoy your trip. They can give you a radar key, travel certificate, and a "no waiting card" to use the toilet.

Going back to work

Once you feel better after surgery, you can return to work. Depending on your surgery, you might need to work reduced hours, have a phased return, or take on lighter duties. It's a good idea to talk to your employer about adjustments. You can find more information here:

www.colostomyuk.org/information/returning-to-work-after-stoma-surgery/

Sex and relationships

You might notice some changes to your body after your surgery. Tell your consultant or stoma nurse and they'll talk to you about any concerns you have.

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3312 7777** (10.00 – 16.00, Monday to Friday). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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