

Do you want to know?

Ostomy Surgery

F10
sheet 1/1

What is it?

An ostomy is an opening of the bowel at the level of the skin. The stools from the ostomy are collected in a bag fitted to the skin.

What do you need to know?



Diet

- Diet Progression:
 - Clear fluids
 - Soft diet low in fiber
 - Moderate fat as tolerated
 - Regular as tolerated
- Eat a well-balanced diet to prevent nutritional deficiencies.
- Avoid food that increase gas and odor such as highly seasoned food, eggs, fish, cabbage, dry beans and nuts.
- Avoid food that cause diarrhea (fruits, high fiber foods).
- Chew food slowly and thoroughly.
- Increase fluid intake to 8-10 cups/day or more in case of excessive ostomy output to prevent dehydration (loss of fluids from the body).



Activity

Resume daily activities as tolerated.

Stoma Care

- Change the ostomy base as instructed by your nurse or physician.
- Measure the opening to determine the size for the bag. The bag opening should be about 0.3 cm larger than the stoma.
- Assume a comfortable sitting or standing position to remove the old bag.

- Push gently the skin down from the faceplate while pulling the bag up and away from the stoma.
- Clean the area surrounding the stoma with a moist, soft cloth and dry well. Ask your physician for the recommended cleansing solution.
- Avoid rubbing the area.
- Use soap only if stool adheres to skin. Rinse thoroughly with water (soap acts as a mild agent to remove residue from fecal spillage). Dry well.
- Assess the area surrounding the stoma carefully for signs of irritation (redness and blister formation).
- Center the bag opening over the stoma. Press down the abdominal muscles to make application easier.
- Press down the bag over the stoma.
- Change the bag when it is one third to one fourth full so that the weight of its content does not cause the bag to separate from the adhesive disk and spill out the content.
- Change the bag immediately if the seal leaks. Stool held against the skin can quickly result in severe irritation.
- Clean the area surrounding the stoma gently and thoroughly and pat dry.
- Consult your physician if any skin problem occurs.

INSTRUCTIONS

The content of this educational leaflet is of general information. Ask your physician or health care provider if this content applies to you.

Prepared by the Nursing Services in coordination with other health care disciplines.