

# Stomal Therapy



## What is a Stoma?

A stoma is created when a person has an operation which results in a section of the bowel being brought to the surface of the abdominal wall. The bowel is opened and formed into a stoma, which will discharge faecal matter or urine, depending upon the type of surgery. A stoma can be permanent or temporary.

## Stoma Types

### COLOSTOMY

- ✓ Opening into the large bowel
- ✓ Temporary or Permanent
- ✓ Faecal output is soft to firm

### ILEOSTOMY

- ✓ Opening into the small bowel
- ✓ Temporary or permanent
- ✓ Faecal output thick fluid to soft UROSTOMY (Ileal Conduit)
- ✓ The stoma is made from a piece of small bowel to divert the urine from the bladder
- ✓ Permanent
- ✓ Urine output

### GASTROSTOMY

- ✓ Opening directly into the stomach
- ✓ Opening comes out on the skin
- ✓ The gastrostomy tube enables you to receive nutrition, fluid and medicine,. Often referred to as a "PEG".

## Why have a Stoma?

- ✓ Trauma to the abdomen
- ✓ Some cancers
- ✓ Congenital abnormalities
- ✓ Diseases of the bowel—Diverticulitis, Crohn's Disease, Ulcerative Colitis
- ✓ Some surgical procedures

## What may happen before the operation?

Your Stomal Therapy Nurse will discuss with you

- ✓ What to expect during your stay in hospital
- ✓ The best stomal position for you—also known as siting - Education for you and your family on management of your stoma
- ✓ Available support for you in your area

## What to expect after your operation?

Your Stomal Therapy Nurse will assist you

- ✓ By teaching you how to care for your stoma
- ✓ With arranging supplies and ordering of stock
- ✓ With linking you and your family into your community stomal support group

## Follow up care After discharge from hospital, you will have follow up reviews with your Stomal Therapy Nurse;

- ✓ Between weeks 1 and 5
- ✓ At anytime if problems occur

## Mildura Stomal Support Group

The Mildura Stomal Support Group is for people with a stoma, their families and partners. People come for a variety of reasons - including:

- ✓ Finding support
- ✓ Talking to others
- ✓ Sharing experiences

All are welcome. Formal meetings are held at the Mildura Gateway Tavern every 2 months.

**COLOPLAST OSTOMY CLINIC**

**☎ 1800 884 759**

Monthly Clinics on Mon & Tues face to face/phone/virtual/zoom

**STOMAL THERAPY NURSE**

**☎ 0437 099 129**

Monday, Wednesday & Thursday