Ileostomy or Colostomy Care

Name: ____________________________________________  Date: ____________________

**Ostomy:**  □ Ileostomy  □ Colostomy

**Supplies:**

□ Wafer/barrier
□ Stomahesive  □ Durahesive
□ Moldable
□ Flexible  □ Convex

□ Adhesive remover
□ Paste

□ 4x4 nonsterile gauze pack

□ No sting barrier - use only when needed
*see steps below

□ Pouch ________ Drainable

□ Skin prep
□ Stomahesive powder – use only when needed
*see steps below

□ Low pressure adaptor – ________
(optional).
May continue to use until abdominal tenderness is relieved. Attach to wafer before applying wafer to abdomen.

□ ____________________________

□ ____________________________

**Change Pouch System every 3-4 days and more often if needed.**

1. Prepare wafer: mold starter hole to stoma size/shape
2. Remove old wafer/pouch system with adhesive remover.
3. Clean skin around stoma with lukewarm water. Dry.
4. Apply skin protectant on skin around stoma. Dry.
   * If skin is irritated, red, or raw, apply stomahesive powder on the irritated skin only, dust off excess, blot with no sting barrier (lollipop) on powdered areas. Or you may blot with moistened fingertip. Repeat x 2. Dry. Use rest of no sting barrier to protect intact skin around stoma. Do this only on irritated skin.

5. Apply wafer. Attach pouch system:
   □ to low pressure adaptor
   □ to wafer
If using a 2 piece system, check coupling system to ensure system is completely closed. To secure invisiclose tail end closure for drainable pouch (Velcro), press interlocking closures together until you feel them lock or click into place along their entire length. Do the same with the security flap.

Empty pouch when it is 1/3 full. Clean inside of tail end closure after being emptied.

Drink at least 10 8oz glasses of liquid per day (or as allowed).

- **Ileostomy**: Maintain “applesauce” stool consistency with liquids and diet.
- **Colostomy**: Maintain “loose oatmeal” stool consistency with liquids, diet and recommended bowel regimen.

**Go to the nearest emergency room if stoma turns dark color (dusky blue, grey, brown or black) or if stoma is bleeding.**

For other concerns, questions or problems, call:

Digestive Health Center: (608) 890-5000  General Surgery Patients.

Gynecology Oncology Clinic: (608) 263-1548  Gynecology Oncology Patients.

Transplant Clinic: (608) 263-1385

Notes:
Discharge Ostomy Supplies

Ostomy supplies are usually covered by your insurance. If you have Medicare, it will pay 80% of the cost. If you also have a supplemental insurance plan, it will cover the other 20%. It is best to find out first from your supplemental insurance where you can get your ostomy prescription filled. Many private insurance plans or HMOs will pay the full cost of the supplies as long as they have been prescribed by a doctor. Your prescription will need to be renewed every 90 days to keep having the cost of supplies covered. After 6 months, it can be renewed by your primary care doctor.

We will provide you with a small number of supplies when you go home. If you have been set up for home health visits at discharge and you have Medicare, they will provide you with supplies while you’re followed by Home Health. Once you have been discharged from Home Health, call the Digestive Health Center (for General Surgery Patients) at (608) 890-5000 or the Gynecology Oncology Clinic (for Gynecology / Oncology Patients) at (608) 263-1548 and leave a message for your Doctor’s nurse with the name of your preferred provider for ostomy supplies. We will fax or e-mail your prescription to them. They may mail the supplies to you or you may need to pick them up. Your provider may set a regular schedule to deliver your supplies. Others may want you to call when you need more. They will need a copy of your prescription.

If you do not have Home Health or Medicare, you will be discharged to home with enough supplies until your first clinic visit. At that time, you will receive a prescription for more ostomy supplies. We can fax or e-mail this to your provider, or you may take it with you.

Do not order too many supplies before your first clinic visit. Most stomas shrink. You will likely need a new prescription with your new flange size at that clinic visit.

Colostomy and Ileostomy Diet Guidelines

Adequate nutrition is important to your well-being. The foods you choose to eat provide both nourishment and pleasure. All of the foods you enjoyed before surgery, with a few exceptions, should be well tolerated now that you have an ostomy. Many people with ostomies can enjoy a normal diet; however, food tolerances can vary from person to person.

General guidelines that will help make caring for, and eating with, your ostomy easier include:

- **Eat meals regularly.** You should eat three or more times a day. Small frequent meals may be better tolerated and produce less gas.

- **Chew your food thoroughly.** Chewing well will help avoid a blockage.

- **Eat in moderation and slowly.** Too much of any food can cause problems, so eat moderate amounts and eat slowly to allow for proper chewing and digestion. If a new food seems to give you problems, don’t eat it for a few weeks, but try it again later.
- **Drink plenty of fluids daily.** You may lose more body fluids than usual through the ostomy, so it’s important to stay hydrated. Patients who have lost a large part of their large intestine will especially notice more fluid loss. This is because most of the body’s fluid is normally reabsorbed in the large intestine.

- **Above all, remember that no two people will respond the same to each food.** You will learn through experience which foods, if any, you should avoid.

### Reducing gas and odor

Gas is normal but if you feel you are having excess gas, you may try to change your diet to eliminate the problem. Try these tips:
- Eat regularly. Do not skip meals.
- Avoid swallowing air while eating. Relax and eat slowly.
- Avoid chewing gum or drinking through a straw.
- Drink 8-10 glasses of water, cranberry juice, or other non-caffeinated beverages.

### Foods that may cause gas or odor

<table>
<thead>
<tr>
<th>Foods</th>
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</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>Cabbage</td>
<td>Dried beans/peas</td>
<td>Onions</td>
</tr>
<tr>
<td>Apples</td>
<td>Carbonated beverages</td>
<td>Eggs</td>
<td>Prunes</td>
</tr>
<tr>
<td>Bananas</td>
<td>Cauliflower</td>
<td>Fatty foods</td>
<td>Radishes</td>
</tr>
<tr>
<td>Beer</td>
<td>Corn</td>
<td>Grapes</td>
<td>Turnips</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cucumber</td>
<td>Green pepper</td>
<td>Beans</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td>Dairy products</td>
<td>Melons</td>
<td>Mushrooms</td>
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</tbody>
</table>

### Foods that may help prevent gas and odor

- Yogurt with Active cultures
- Buttermilk
- Cranberry Juice
- Parsley

### Preventing Blockage

Certain foods, if eaten in large amounts and not chewed well, may cause blockage. Use caution when eating these foods. Eat them in small amounts and be sure to chew them thoroughly.

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</thead>
<tbody>
<tr>
<td>Celery</td>
<td>Dried fruits</td>
<td>Nuts</td>
<td>Popcorn</td>
</tr>
<tr>
<td>Coleslaw</td>
<td>Meat casings</td>
<td>Peas</td>
<td>Salad greens</td>
</tr>
<tr>
<td>Corn, whole kernel</td>
<td>Mushrooms</td>
<td>Pineapple</td>
<td>Seeds</td>
</tr>
</tbody>
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The consistency of your stools is determined to a certain extent by the location of your stoma in your gastrointestinal (GI) tract. Normally, when the stoma is placed further up in the GI tract, the stools tend to be looser. In some cases, a loose stool may be the result of eating certain foods.
Foods that may cause loose stools

- Alcoholic drinks
- Chocolate
- Fried Foods
- Licorice
- Apple juice
- Coffee
- Grape Juice
- Prune juice
- Baked beans
- Dairy
- Green leafy vegetables
- Spiced foods
- Tomatoes
- Apple juice
- Coffee
- Grape Juice
- Prune juice
- Baked beans
- Dairy
- Green leafy vegetables
- Spiced foods

Foods that may help thicken stools

- Applesauce
- Cream of rice
- Peanut butter (creamy)
- Tapioca
- Bananas
- Marshmallows
- Rice
- Weak tea
- Cheese
- Mashed potatoes
- Soda crackers

A Special Note for Ileostomy Patients

A person with an ileostomy loses large amounts of salt, potassium and water in the ostomy fluid. Losing too much can lead to dehydration. You need to include several good sources of sodium and potassium in your daily diet. It is helpful to consume water or sugar free, non-carbonated beverages throughout the day. **Sports drinks** can be used because of their electrolyte content. The color of your urine should be clear to pale yellow, if it is darker increase your fluid intake.

In general, meats, legumes, vegetables, and fruits are good sources of potassium. Some examples include bananas, orange juice, tomatoes, and potatoes.

**Most importantly, remember to eat a healthy, well balanced diet and drink plenty of fluids!!**

Internet resource for patients who have an internal ileal pouch: [www.J-pouch.org](http://www.J-pouch.org)

If you have more questions please contact UW Health at one of the phone numbers listed below.

- Nutrition Clinic
  - Digestive Health Center
  - 750 University Row
  - Madison, WI 53706
  - (608) 890-5000
- Nutrition Clinic
  - UW Health East Clinic
  - 5249 East Terrace Drive
  - Madison, WI 53718
  - (608) 265-0963

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2016 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#6279.