

A man and a woman are running outdoors on a paved path. They are both wearing bright red tracksuits with white stripes on the sleeves and pants. The man is on the left, wearing a red cap and looking forward. The woman is on the right, wearing a white visor and looking slightly to the side. The background is a blurred natural setting with trees and a clear sky.

Managing your Colostomy



Hollister

Managing Your Colostomy

Every year, thousands of people have colostomy surgery. For some, the surgery is a lifesaving procedure. For others, the surgery relieves years of suffering from bowel disease. Whatever the medical reason, anyone who is going to have colostomy surgery has many questions and concerns.

This booklet is provided to you by your health care team. The booklet will supplement other information given to you by your doctor and your ET Nurse – a nurse who specializes in ostomy care.

The purpose of the booklet is to answer some of your questions about colostomy surgery and to ease some of your concerns about living with a colostomy.

Hollister has also highlighted options for you to explore – along with features that can help you make an informed choice after your surgery.

Our goal is to help you feel in control and resume the lifestyle you want.

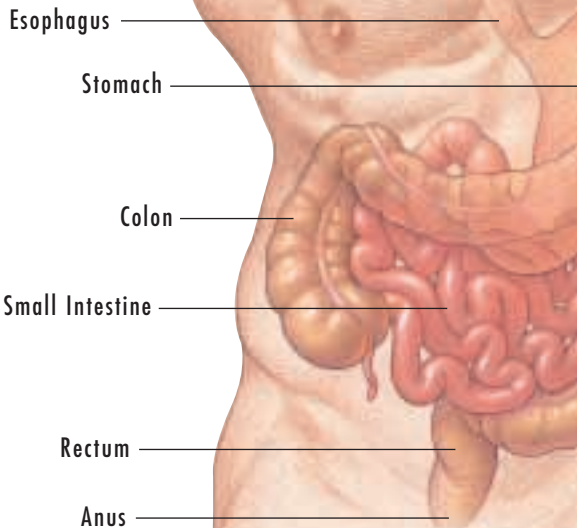
THE HUMAN DIGESTIVE SYSTEM

When you chew your food and swallow it, the food goes down your **esophagus** into your **stomach**. Stomach acids and chemicals called **enzymes** break down the food until it becomes a liquid mixture. From your stomach, the liquid food mixture goes into your **small intestine**.

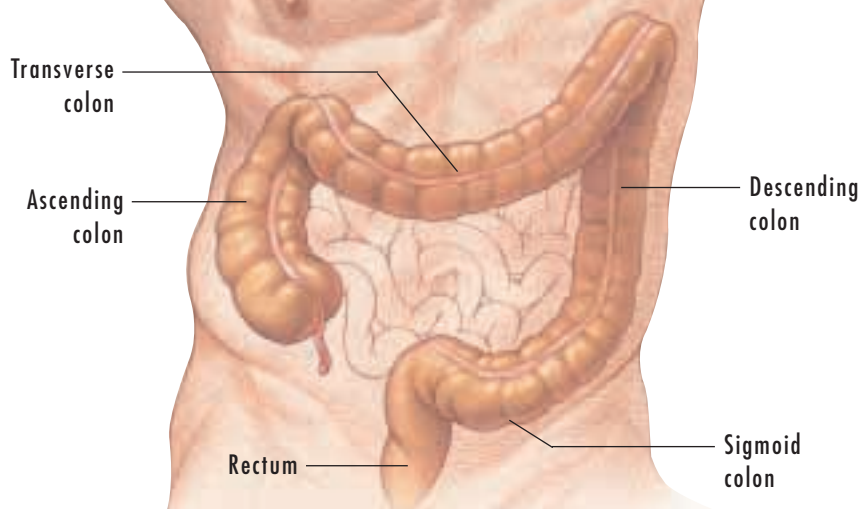
The small intestine – which is about twenty feet long – is where most digestion takes place. Vitamins, minerals, proteins, fats, and carbohydrates are all absorbed into your body through your small intestine. Any food that is not absorbed in the small intestine goes into the **large intestine** as liquid waste – or stool.

Your large intestine is also called the **colon**. It is generally five to six feet long. The colon has two main purposes:

1. to absorb water from your stool
2. to store your stool until you have a bowel movement



The colon is divided into four parts: the **ascending colon**, the **transverse colon**, the **descending colon**, and the **sigmoid colon**. As the stool moves through your colon, more and more water is absorbed until the stool becomes completely formed. When you have a bowel movement, the stool goes from your colon into your **rectum**, and then out of your body through your anus. A muscle in your **anus**, called the **anal sphincter**, allows you to control when to have a bowel movement.



WHAT IS A COLOSTOMY?

A colostomy is a surgically created opening into the colon – through the abdomen. The purpose of a colostomy is to allow stool to bypass a diseased or damaged part of the colon.

When a person has a colostomy, stool is no longer eliminated through the anus. Instead, stool is eliminated through the colostomy. A colostomy does not have a sphincter muscle, so a person who has a colostomy has no voluntary control over bowel movements. Instead, the person wears a disposable pouch to collect the stool. A colostomy may be temporary or permanent, depending on the medical reason for the surgery.

To construct a colostomy, the surgeon brings part of the person's colon through the abdominal wall. This new opening on the person's abdomen is called a **stoma**. The skin around the stoma is called the **peristomal skin**. Each person's stoma is unique. Chances are, your stoma will look different from another person's stoma.



Stoma

- Not painful
- Always red and moist
- May bleed easily

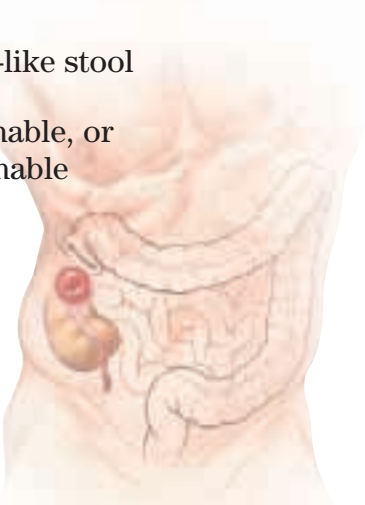
There are no nerve endings in the stoma, so the stoma is not painful. The stoma is always red and moist – somewhat like the inside of a person's mouth. The stoma may also bleed easily, especially if it is hit or rubbed. This type of minor, temporary bleeding of the stoma is normal. (If the bleeding continues, or if the discharge (stool) from the stoma is bloody, you should contact your doctor or your ET Nurse.)

Types of Colostomies

A colostomy can be made at almost any point along the length of the colon. Where your colostomy will be depends on the medical reason for your surgery.

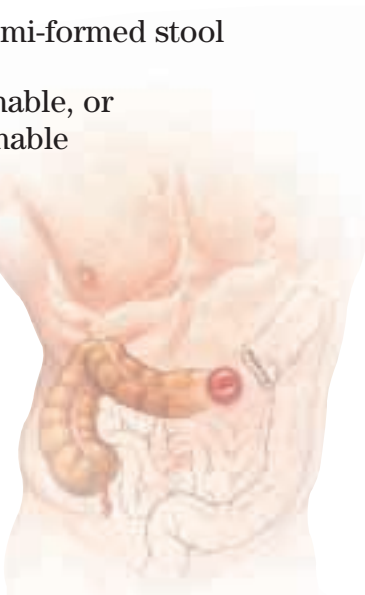
Ascending Colostomy – made from the ascending part of the colon

- Output: Liquid or paste-like stool
- Pouch: One-piece drainable, or Two-piece drainable



Transverse Colostomy – made from the transverse part of the colon

- Output: Paste-like or semi-formed stool
- Pouch: One-piece drainable, or Two-piece drainable



Descending Colostomy – made from the descending part of the colon

- Output: Almost completely formed stool
- Pouch: One-piece drainable, One-piece closed, Two-piece drainable, or Two-piece closed



Sigmoid Colostomy – made from the sigmoid part of the colon

- Output: Fully formed stool
- Pouch: One-piece drainable, One-piece closed, Two-piece drainable, Two-piece closed, or Stoma cap (if you irrigate)



Odor

Odor is a major concern for people who are about to have colostomy surgery. Today, colostomy pouches are made with odor-barrier film, so odor from the stool is contained inside the pouch. If the pouch is clean, and is applied properly, you should notice odor only when you are emptying or changing your pouch. If you notice odor at any other time, check the pouch seal for leakage.

You should empty your pouch when it is necessary and convenient; for many people, that means one to three times a day. Emptying your pouch regularly can help reduce the risk of leakage. Also, regular emptying can help to avoid a bulge from a pouch that is too full.

Sometimes, certain foods or medications can affect the odor of stool. If odor is a concern for you, you may want to avoid foods that increase odor. You can also use **Adapt Lubricating Deodorant** to eliminate odor when you empty or change your pouch. If you have questions about medications you are taking, ask your doctor or your ET Nurse.

Gas

The amount of gas that a person's system generates depends on the individual. If you had problems with excessive gas before your surgery, you will likely have the same problems after your surgery.

Intestinal gas can sometimes be the result of swallowing air. Drinking carbonated beverages, smoking, chewing gum, and chewing with your mouth open can all increase the amount of air you swallow.

Sometimes, gas can be caused by the foods you eat. If gas is a problem for you, you may want to avoid certain gas-forming foods or choose a pouch with a filter.

Diet

Having a colostomy does not mean that you will have to be on a special diet. Remember, the actual digestion of food takes place almost entirely in the small intestine – not in the colon. Immediately after your surgery, your doctor may prescribe a special diet; however, after your recovery period, you should be able to go back to your usual diet.

Lifestyle Tips

- *Eat a balanced diet.*
- *Eat slowly and chew your food well.*
- *Add foods to your diet gradually, to see how those foods agree with your system.*

There are some foods that can cause odor or gas in your system. If that is a concern for you, you may want to eat those foods in moderation.

Foods that may increase odor:

asparagus	eggs
broccoli	fish
brussel sprouts	garlic
cabbage	onions
cauliflower	some spices

Foods and beverages that may increase gas:

beans	cauliflower
beer	corn
broccoli	cucumbers
brussel sprouts	mushrooms
cabbage	peas
carbonated beverages	spinach

Diarrhea

For anyone, diarrhea can be caused by an illness (such as the flu), or by a variety of reasons. With a colostomy, you can still get diarrhea, just as before your surgery.

Lifestyle Tips

- If you get diarrhea, increase the amount of fluids you drink.
- If you irrigate your colostomy, stop irrigating until the diarrhea stops. After the diarrhea stops, you can resume your normal schedule of irrigation.
- If the diarrhea continues, call your ET Nurse or your doctor.
- Diarrhea that lasts too long can cause dehydration.

If you get diarrhea, there are some foods you can eat that will help to thicken your stools. Avoid foods and beverages that may cause loose stools.

Foods and beverages that may thicken your stools:

applesauce	peanut butter (<i>creamy, not chunky</i>)
bananas	pretzels
buttermilk	rice
cheese	tapioca pudding
marshmallows	toast
milk (<i>boiled</i>)	yogurt
noodles (<i>any type</i>)	

Foods and beverages that may cause loose stools:

beer or other alcohol	green beans
broccoli	prunes or prune juice
fresh fruits (<i>except bananas</i>)	spicy foods
grape juice	spinach

Medication

Any medication you take will work just as effectively as before. Prescription drugs, vitamins, aspirin (or aspirin substitutes, such as Tylenol), and other medications will continue to be absorbed into your body just as before your colostomy.

Some medications may change the color, odor, or consistency of your stool. Non-prescription medications, like antacids, can cause constipation or diarrhea. Antibiotics may make your stool thinner than normal, and may even cause diarrhea. If you have questions about any medications you are taking, ask your doctor or your ET Nurse.

Irrigation

Irrigation can sometimes be an option for a person who has a descending colostomy or a sigmoid colostomy. The purpose of colostomy irrigation is to allow the person to control when to have a bowel movement. Irrigation trains the colon to empty at a regular time each day.

Irrigation is somewhat like an enema through the stoma. It is very important to learn the technique of irrigation from a health care professional. If you are interested in irrigation, ask your ET Nurse for more information.

Bathing or Showering

With a colostomy, you can shower or bathe just as you did before. Soap and water will not flow into your stoma or hurt your stoma in any way. You may choose to shower or bathe with your pouch on or off – the choice is yours. Because soap residue can sometimes interfere with how well the skin barrier or adhesive sticks to your skin, avoid soap that leaves a residue on your skin. Choose a soap or cleanser that is residue-free.

Skin Care

It is very important for the skin around the stoma (the **peristomal skin**) to remain healthy and free of irritation. The peristomal skin should look just like the skin elsewhere on your abdomen.

To prevent skin irritation or other skin problems, you must have a skin barrier and pouch that fits properly.

Each time you remove your skin barrier and pouch, look carefully at the peristomal skin. If you notice any swelling, redness, or rash, you could have irritated skin. Sometimes – but not always – irritated skin is painful. If the problem persists for more than two pouch changes, contact your ET Nurse.

Clothing

Lifestyle Tips

- *Choose a patterned swim suit, instead of one with a solid color.*
- *Men can wear athletic supporters.*
- *Women can wear panty hose.*

After colostomy surgery, many people worry that the pouch will be visible under their clothing. Some people think they won't be able to wear 'normal' clothes, or that they will have to wear clothes that are too big for them. The fact is, you should be able to wear the same type of clothes you wore before your surgery. Also, today's pouches are so thin and fit so close to the body, chances are no one will know you're wearing a pouch – unless **you** tell them.

Returning to Work and Traveling

Lifestyle Tips

- *Keep your ostomy products with you in your carry-on bag, not in your checked luggage.*
- *Air pressure in airplanes will not affect your pouch.*
- *Fasten the seat belt above or below your stoma.*
- *Do not leave your ostomy products in a hot car – the adhesives can melt.*
- *When you are away for extended periods of time, know where to contact a local ET Nurse.*

As with any surgery, you will need to allow some recovery time. Recovery from this type of surgery can take from six to eight weeks. You should check with your doctor before returning to work.

After your recovery, you should be able to return to work, or travel just about anywhere. Your colostomy should not limit you. Colostomy products are available through medical or surgical retailers in nearly every country in the world. Of course, it is always a good idea to take your own supplies with you when you travel – and always take more than you think you will need.

Exercise and Sports

Lifestyle Tips

- *Before swimming, it is a good idea to empty your pouch.*
- *In a hot-tub, sauna, or whirlpool, hot water may loosen your pouch seal. Inspect the pouch closely, and change it if it becomes loose.*

Sex and Personal Relationships

Lifestyle Tips

- *Empty your pouch before having sexual relations.*
- *Sexual activity will not hurt your stoma.*
- *You may prefer to wear a small pouch or stoma cap during sex.*
- *A pouch cover can help to hide the pouch contents.*
- *A cummerbund can hide the pouch and keep it close to your body.*

A colostomy should not prevent you from exercising or from being physically active. Other than extremely rough contact sports or very heavy lifting, you should be able to enjoy the same type of physical activities you enjoyed before your surgery.

People who have colostomies are able to swim, water ski or snow ski, play golf, tennis, volleyball, or softball, hike, sail, or jog just as well after their surgery as they did before.

Because colostomy surgery is a body-altering procedure, many people worry about sex and intimacy, and about acceptance by their spouse or loved one. For people who are dating, a big concern is how to tell someone about the colostomy.

It's important to remember that supportive personal relationships can be major sources of healing after any type of surgery. It's also important to let your partner know that sexual activity will not hurt your stoma.

Colostomy surgery affects **both** partners in a relationship, and it's something to which both partners must adjust – each in his or her own way. The key, of course, is understanding and communication.

If having children is a concern, you'll be happy to know that after a satisfactory recovery, it is still possible for a woman who has a stoma to have children. Also, many men have become fathers after having colostomy surgery. If you have questions about pregnancy, don't hesitate to ask your doctor or your ET Nurse.

Colostomy Product Choices

If you have just had a colostomy or are a caretaker, you may find yourself learning new skills and making many decisions. There are many ostomy products to choose from, and you may feel overwhelmed at first. This section will answer some of your questions and help guide you.

YOUR STOMA SIZE AND SHAPE



Every stoma is a little different in size and shape. Your stoma may get smaller during the first six weeks after surgery, so it's good to measure frequently. Measure your stoma after it has stopped changing or if you are having any problems with the skin around your stoma.

In choosing the size of your Hollister skin barrier, pick one that fits closely around your stoma.



Pre-sized (left)

If your stoma is round, you may want to choose a skin barrier that is already cut to the proper size.



Cut-to-fit (left and right)

If your stoma is not round, measure where it is the largest. Select a skin barrier that can be cut to the right size and shape.



POUCHING SYSTEMS

You can choose between Hollister one- and two-piece pouching systems. Each has its advantages.



One-Piece System

In a one-piece system (*left*), the skin barrier is already attached to the pouch. This means the one-piece is easy to apply. You just peel and stick.

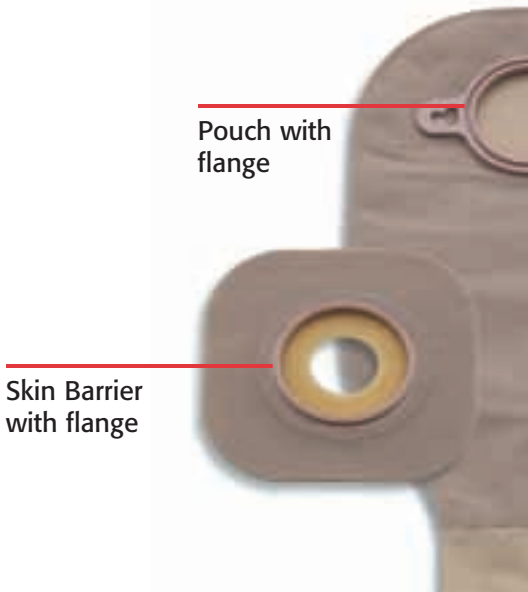
Two-Piece System

A two-piece system (*right*) is the most versatile. It comes with a skin barrier that is separate from the pouch. The pieces snap together with a **flange**, a part which looks like a plastic ring. It is easy to unsnap the pouch and discard the pouch as often as you like.



Two-Piece System

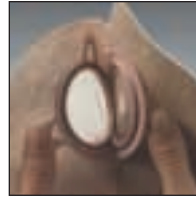
One-Piece System



Your pouching system should be secure, odor free and comfortable, no matter what type you select. The skin barrier should be changed regularly, once or twice a week.



With a floating flange you can put your fingertips under the flange.



Floating flange provides support while you attach the pouch to the skin barrier.

COLOSTOMY POUCHES



You can choose the kind of Hollister colostomy pouch you want to use. The two main types are **drainable** and **closed**.

Many pouches have clear and beige options. You can also select pouches that have a soft cover, such as the Hollister **ComfortWear panel**, to increase your comfort.

You might choose a pouch with a **filter** if your drainage is mostly solid. The filter lets the gas out, but not the odor. It also prevents gas from building up, so the pouch does not inflate like a balloon.

All Hollister pouches have **odor barrier** quality to increase your confidence when wearing a pouch.



Drainable with Pouch clamp; emptying the pouch is quick and easy.

Drainable Pouch

These pouches are best if you have discharge frequently throughout the day. They have a clamp or closure, so emptying the pouch is quick and easy. Some drainable pouches have an integrated roll up closing system – Lock 'n Roll – eliminating the need of a pouch clamp.

Closed Pouch

If you use a closed pouch, you can simply remove it and throw it away. This type works best if your discharge is less frequent and your pouch needs to be emptied just one or two times a day. Closed pouches don't have clamps and must be removed to be emptied. All Hollister closed pouches have a filter. Closed pouches are available in both one-piece and two-piece style.



SKIN BARRIERS



You will want the best fit possible with your skin barrier. Hollister skin barriers come with or without tape around the edges. Both types adhere well to your skin. If your stoma sticks out at least an inch from your body, you may be happiest with a **flat skin barrier**. If your stoma is flat against your skin or less than an inch in length, consider a **convex skin barrier**.

The convex barrier can also give you a more secure fit if you have a dip or indented area around your stoma.

FlexWear and **SoftFlex skin barriers** are recommended for use with a colostomy.

FlexWear skin barriers are designed to be worn for more than one day. FlexWear skin barriers are resistant to breakdown and are a good choice if you choose to change your barrier once or twice a week.

If you prefer to change your skin barrier more frequently, then you may want to use a SoftFlex skin barrier. It's designed to limit skin damage with frequent removal and can be changed daily (or more often).



If your stoma sticks out at least an inch from your body, you may be happiest with a flat skin barrier.



If your stoma is flat against your skin or less than an inch in length, consider a convex skin barrier.

Routine Care of Your Colostomy

When your doctor says it is appropriate, you can resume your normal activities. You will get used to your Hollister pouch system and develop a schedule that fits your lifestyle. Here are a few guidelines for successful care of your colostomy.

- Empty your pouch when it is one third to one half full.
- Replace the skin barrier, the waxy part that sticks to your skin, every three to seven days.
- If you use soap, make sure your soap doesn't contain oils or lotions that can interfere with adhesives.
- Rinse your skin with water, and dry it completely before you apply the new pouch.
- After you apply your skin barrier, hold it against your body for 30-60 seconds. The pressure and warmth help activate the adhesive.
- If you wear a two-piece system, try putting your skin barrier on at an angle, making a diamond shape, for a smoother fit.
- You can shower or bathe with your skin barrier and pouch in place, or you can remove them before bathing. Water will not harm or flow into your stoma.
- If your skin becomes red and sore, or your pouch is not staying in place, be sure to see your doctor or ostomy nurse.



It is real easy with a two-piece system. Snap one on and snap one off.

– Jim Sinclair

About Wear Time

Many factors will affect how long you can wear your Hollister skin barrier and pouch:

- Type of stoma drainage – liquid, paste-like or more formed
- How much your stoma sticks out from your skin
- Climate, your activity level and how much you perspire
- Skin condition around your stoma
- Creases, folds and wrinkles in areas around your stoma
- Type of skin barrier used – Hollister SoftFlex or FlexWear skin barriers
- Skin products used underneath the skin barrier

Usually, a skin barrier is changed about twice a week, but every person has their own routine. If your wear time becomes unpredictable, consult your ostomy nurse.

Plan your pouch change for a time that works well for you. Don't wait until your pouch begins to leak or pull away from your skin.

If you have trouble getting your skin barrier to stay in place on your skin, you may need to get some help with fitting and product selection. The best source of help is an ET Nurse.



I feel freer with New Image.

– Jim Sinclair

Troubleshooting Guide...

Consider...

Your stoma is round and is not changing in size	Pre-sized Skin Barriers
Your stoma is oval or is still changing in size	Cut-to-fit Skin Barriers
Your drainage is liquid, soft or mushy	FlexWear Skin Barriers
Your drainage is more formed or you change your skin barrier often	SoftFlex Skin Barriers
You want something very easy and flexible	One-Piece Pouch Systems
You want to change your pouch more often than your skin barrier	Two-Piece Pouch Systems
Your discharge is infrequent (one or two times each day)	Closed Pouches
Your discharge is frequent	Drainable Pouches
Your stoma sticks out, you have a deep crease, or a hernia	Flat Skin Barriers
Your stoma does not stick out, your skin is soft, or you have a slight crease in your skin	Convex Skin Barriers
Your discharge is more formed and you have gas	Filtered Pouches
You want to easily see your stoma or the pouch contents	Clear Pouches
You do not want to see your stoma or the pouch contents	Beige Pouches
You want to keep the pouch off your skin and increase your comfort	ComfortWear Panels
You want to lock the two-piece flanges without pressing on your tummy	Floating Flanges
You are sensitive to tape	Tapeless Skin Barriers
You want the security of no odor when wearing your pouch	Odor-Barrier Pouches

Hollister Accessories Can Add Comfort, Solve Problems



There may be times when you need to protect your skin from adhesives or treat a minor skin irritation. Perhaps you are looking for a way to reduce odors or enhance the performance of your pouching system. Check the chart below to see how Hollister accessory products can help make your life easier and more comfortable.

If...	Then use,	Comments for use*
You want to seal around the skin barrier opening.	Adapt Paste as a caulk to secure your skin barrier.	This is not an adhesive. Too much paste can interfere with a good pouch seal.
You want to fill in an uneven surface or there is a gap between the stoma and the skin barrier opening on your pouch.	Adapt Barrier Rings to protect the skin, fill in uneven areas, and provide an alternative to paste.	Rings may be stretched to fit oval stomas. Apply to clean dry skin or to adhesive side of skin barrier.
You need to add depth to your convex product or you need flexible convexity.	Adapt Convex Barrier Rings to create a custom shape and improve the fit of your products.	Rings may be stretched to fit oval stomas. Apply to clean dry skin or to adhesive side of skin barrier.
You want to fill in an uneven surface.	Adapt Barrier Strips to protect the skin and fill in uneven areas.	Strips may be cut and molded to various shapes.



If...	Then use,	Comments for use*
Your skin is slightly irritated** and moist.	Premium Powder to help dry up moist skin.	Dust on. Brush off excess powder. Stop using when your skin heals.
Your skin is fragile and you want to avoid pulling off the top layer of skin when removing an adhesive.	Skin Gel Wipes to provide a protective film on the skin.	Use on intact skin. Allow to dry completely.
You want to lubricate your pouch to ease emptying AND eliminate odor.	Adapt Lubricating Deodorant to ease emptying of pouch and eliminate odor.	Add approximately 5mL (one teaspoon) of Adapt Lubricating Deodorant to your pouch, then rub to coat the inside of the pouch.
You want to eliminate odor when you empty or change your pouch.	m9 Spray to eliminate odor.	Spray in room as needed.
You have significant adhesive residue remaining on your skin or you want to ease the removal of an adhesive.	Universal Remover Wipes to remove adhesive residue.	Usually not needed with each pouch change. Must be washed off of skin with soap and water after use.
You want the added security of a belt or your healthcare professional has recommended it to enhance convexity.	Ostomy Belts to help secure an ostomy pouch.	Belt tabs face outward from body. Should be worn in line with stoma. Can only be used with a pouch that has belt loops.

* See product for specific instructions for use.

** Consult your healthcare professional for skin and stoma problems.

For Help or Additional Information

Your doctor and your ET Nurse are very important resources. An annual physical with your doctor is something that should definitely be a part of your routine. It's also a good idea to have an annual checkup with your ET Nurse.

If your hospital does not have an ET Nurse on staff, you can get more information about ET nurses available in your area by contacting the Canadian Association of Enterostomal Therapists:

CAET Professional Assistant
Box 48069, 60 Dundas St. E.
Mississauga, Ontario L5A 1W4
E-mail: caet@on.aibn.com
Website: caet.ca

Another important source of information and support is the United Ostomy Association of Canada Inc. UOAC is an organization of people who have ostomies. There are local chapters of the UOAC in nearly every major city in the country, and every year, the association holds a National Conference.

You can contact them at:

United Ostomy Association of Canada Inc.
P.O. Box 825
50 Charles Street East
Toronto, Ontario M4Y 2N7
Telephone: 416.595.5452
Toll Free: 1.888.969.9698
Fax: 416.595.9924
E-mail: uoacan@astral.magic.ca
Website: ostomycanada.ca

Your ostomy supply retailer can also be an important resource. Most retailers have up-to-date information about current ostomy products and new product introductions.

Other sources of information:

Crohn's and Colitis Foundation of Canada

600-60 St. Clair Avenue East

Toronto, Ontario M4T 1N5

Telephone: 416.920.5035

Fax: 416.929.0364

General e-mail: ccfr@ccfr.ca

Website: ccfr.ca

Canadian Cancer Society National Office

10 Alcorn Avenue, Suite 200

Toronto, Ontario M4V 3B1

Telephone: 416.961.7223

Fax: 416.961.4189

General e-mail: ccs@cancer.ca

Website: cancer.ca

Hollister Support Network

Hollister offers a support network to answer your questions and guide you to the best ostomy solution for you.

Our Customer Care Department has an experienced team of representatives to assist you with your product selection.

A wide variety of educational materials are also available.

All of this information is just a phone call away –
1-800-263-7400

OSTOMYWORLD.COM

ostomyworld.com is an on-line resource for people with ostomies.



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