

## Fistula Management

### Definition of a Fistula

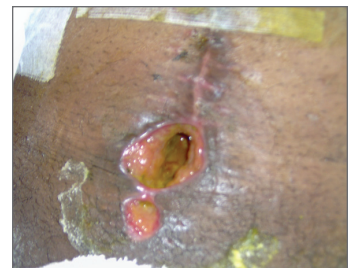
An abnormal opening between two hollow organs or between a hollow organ and the skin. Predisposing factors for fistula formation include impaired ability to heal after surgery, Crohn's disease, breakdown of intestinal anastomosis, or infection.

### Examples of Fistulas

- Enterocutaneous fistula – An opening between the small intestine and the skin. Drainage will likely be liquid, may be high volume, and will contain digestive enzymes that are damaging to the skin
- Colocutaneous fistula – An opening between the colon and the skin. Output can be liquid to semi-formed in consistency, are usually malodorous, and may contain gas
- Vesicocutaneous fistula – An opening between the bladder and the skin which drains urine
- Spit fistula or esophagostomy – An opening between the esophagus and the skin that drains mucus and any fluids that may be given orally



Fistula in an open abdominal wound



Enterocutaneous fistula

### Challenges Associated with Fistula Management

- Although there are predisposing factors, often a fistula is an unplanned occurrence related to surgery or disease and therefore, challenging for patients, families, and caregivers
- Often located in difficult areas for management (i.e., near or in incision lines, creases, tubes, or other fistulas)
- Often the fistula opening is at or below skin level
- Drainage is often corrosive to skin, malodorous, and may be of high volume.

### Key Goals for Nursing Management

- Protect the skin – The output from a fistula can be very irritating to the skin. Broken skin contributes to pain and discomfort. A skin barrier can protect the skin from contact with the drainage
- Contain the output – If the output is minimal, gauze dressings may be sufficient for containment. However, if the volume of the output from the fistula is significant or frequently overwhelms the dressing, a pouch may be more appropriate. Using a pouch can be more efficient and can help reduce healthcare professionals from exposure to bodily fluids
- Measure the output – With a high output fistula, loss of fluids and electrolytes can be a major concern. Measurement may be easier with a pouching system than with absorbent dressings. Consider a bedside drainage collector to help keep drainage away from the skin barrier
- Manage costs – Care of fistulas can be costly in terms of supplies and human resources. Using a pouching system and appropriate accessories can be more cost-effective and manageable than frequent dressing changes
- Control odor – Containment of the drainage in a pouching system, even in small quantities, can help with odor management. Other accessory products also can assist with odor control when the pouch is changed or emptied
- Provide patient comfort – Effectively managing a fistula can contribute to patient dignity and comfort

# Fistula Management

PATIENT GOALS		PROTECT SKIN	CONTAIN OUTPUT	MEASURE OUTPUT	MANAGE COSTS	CONTROL ODOR	PATIENT COMFORT
<b>Product Options</b>	<b>Comments</b>						
<b>Premier High Output Pouches</b> Stock No 80070 or 80110	<ul style="list-style-type: none"> <li>Extended wear cut-to-fit skin barrier</li> <li>Can be connected to bedside collector</li> </ul>	•	•	•	•	•	•
<b>Wound Drainage Collectors</b> Stock No 9773, 9776, or 9778	<ul style="list-style-type: none"> <li>Standard wear cut-to-fit skin barrier</li> <li>Can be connected to bedside collector</li> </ul>	•	•	•	•	•	•
<b>Hollister Universal Catheter Access Port</b> Stock No 9779	<ul style="list-style-type: none"> <li>Optional</li> <li>Accommodates tubes needing to exit a pouch</li> </ul>			•	•		
<b>Pouchkins Pediatric Pouches</b> Stock No 3796, 3795, 3797	<ul style="list-style-type: none"> <li>Ideal for small, hard to pouch locations or where volume of output is low</li> </ul>	•	•	•	•	•	•
<b>Adapt Barrier Rings</b> Stock No 7805, 7815, 7806, 8805, 8815	<ul style="list-style-type: none"> <li>Use to caulk uneven skin contours</li> <li>Use to help prevent drainage from getting under skin barrier of pouch</li> </ul>	•			•		•
<b>Adapt Paste</b> Stock No 79300, 79301	<ul style="list-style-type: none"> <li>Use to caulk uneven skin contours</li> <li>Use to help prevent drainage from getting under skin barrier of pouch</li> </ul>	•					
<b>m9 Odor Eliminator Spray</b> Stock No 7732, 7733, 7734, 7735	<ul style="list-style-type: none"> <li>Room deodorizer</li> </ul>					•	•
<b>Adapt Odor Eliminator and Lubricant</b> Stock No 78500, 78501	<ul style="list-style-type: none"> <li>Eliminates odor when drainable pouch is emptied</li> <li>Makes emptying drainable pouch easy</li> </ul>					•	•
<b>Adapt Medical Adhesive Spray</b> Stock No 7730	<ul style="list-style-type: none"> <li>Helps improve pouch seal in difficult locations</li> <li>Spray on adhesive side of pouching system</li> </ul>				•		•
<b>Adapt Stoma Powder</b> Stock No 7906	<ul style="list-style-type: none"> <li>Helps to dry moist irritated skin for a secure pouch seal</li> </ul>				•		•
<b>Bedside Drainage Collector</b> Stock No 9839	<ul style="list-style-type: none"> <li>Ideal for high volume, liquid discharge</li> <li>Provides a large container for collection of fluid</li> </ul>			•			•

For product questions, sampling needs, or detailed clinical questions concerning our products in the US, call **1.888.808.7456**. In Canada call **1.800.263.7400**.

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Routine follow-up with your healthcare professional is recommended.

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Prior to using any ostomy products/accessories be sure to read all product inserts and labels.

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