



COLOSTOMY.

Colostomy: A surgically created opening in the abdominal wall through which digested food passes.

Temporary Colostomy: May be required to give a portion of the bowel a chance to rest and heal. When healing has occurred, the colostomy can be reversed and normal bowel function restored.

Permanent Colostomy: May be required when a disease affects the end part of the colon or rectum.

Reasons for surgery: Cancer, diverticulitis, imperforate anus, Hirschsprung's disease, and trauma.

Care of colostomy: A bag system is usually worn. Bags are odour free and different manufactures have disposable varieties to fit your lifestyle. Ostomy supplies can be obtained from your doctor on prescription. Which you take to your chemist or send to one of many direct deliveries services to your home, (free of charge).

Irrigation: Certain people are candidates for learning irrigation techniques that will allow for increased control over the timing of bowel movements.

Living with a colostomy

Work: With the possible exception of jobs requiring very heavy lifting, a colostomy should not interfere with work. People with colostomies are successful business people, teachers, trades people, etc.

Sex and Social Life: Physically, the creation of a colostomy usually does not affect sexual function. If there is a problem, it is almost always related to the removal of the rectum. The colostomy itself should not interfere with normal sexual activities or pregnancy. It does not prevent one from dating, marriage or having children.

Clothing: Usually one is able to wear the same clothing as before the surgery including swimwear.

Sports and activities: With a securely attached bag one can swim, camp out and participate in practically all types of sports. Caution is advised in heavy body contacts sports. Travel is not restricted in any way. Bathing and showering may be done with or without the bag in place.

Diet: Usually there are no dietary restrictions and foods can be enjoyed as before.

Resources available: The physician, medical professionals and your stoma care nurse are your first line of help followed by your local stoma support group.