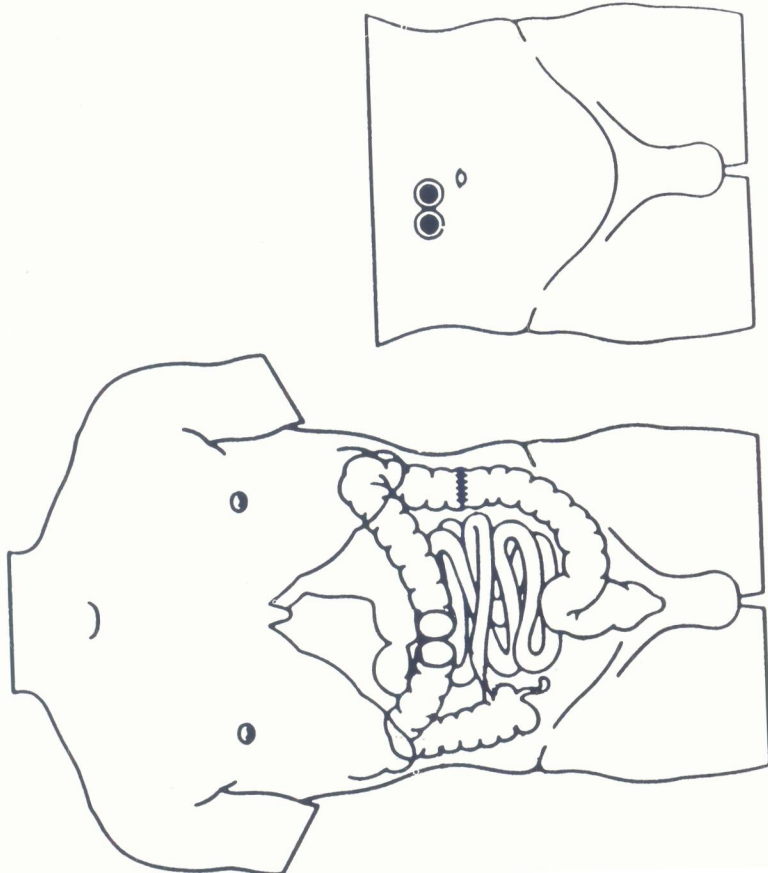


Your Stoma Care Nurse might use these diagrams to explain a temporary colostomy to you.



— TEMPORARY —

Colostomy

A GUIDE FOR PATIENTS

CliniMed[®]

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Some colostomies are described as "temporary" which means that there is a strong possibility or expectation that, in due course, the colostomy will be 'reversed' or 'closed' and normal bowel function restored. Most temporary colostomies are formed from the transverse section of the colon - TRANSVERSE COLOSTOMY.

Whilst you are in hospital

A transverse colostomy is formed by bringing a loop of the transverse colon through a small incision just below the rib cage. In order to prevent the loop slipping back inside the abdomen a small glass or plastic rod or 'bridge' is placed under the loop. A small incision is made in the loop of bowel which will allow the faeces (stools) to be passed into a stoma bag. The rod/bridge will be removed after a few days; the skin and muscles will stabilise the stoma. Removal of the rod/bridge is a painless procedure.

When the rod has been removed, and as you get better, the nurses will instruct you and gradually you will learn how to care for your colostomy yourself.

Preparation for closure

Before your colostomy can be closed, the surgeon must be satisfied that the treatment has been effective, the wounds (inside and outside) have healed properly and that the bowel is fit to resume normal activity.

- You will be given an appointment to attend the X-ray department where a close examination of your bowel can be carried out.
- The X-ray appointment will also include instructions which you should follow carefully. **INFORM THE STOMA CARE NURSE OF YOUR APPOINTMENT.** She will double check that the instructions you have been given take account of your colostomy.
- Take a spare drainable appliance with you when attending for X-ray. The procedure may cause your stoma to act, and the department may not have supplies to help you.
- The surgeon will examine the results of your X-rays and will decide upon the date for your operation.
- The hospital appointments department will inform you of the date of your admission. You have been through this routine before - this time it is a happier one.

Going back into hospital

- Please remember to take your stoma supplies into hospital with you as you will need them in the preparation days. After your stoma has been closed, you will not be needing them any more.
- The Stoma Care Nurse will continue to visit you in hospital as you prepare for closure. She will be interested in your progress and will be another friendly face.