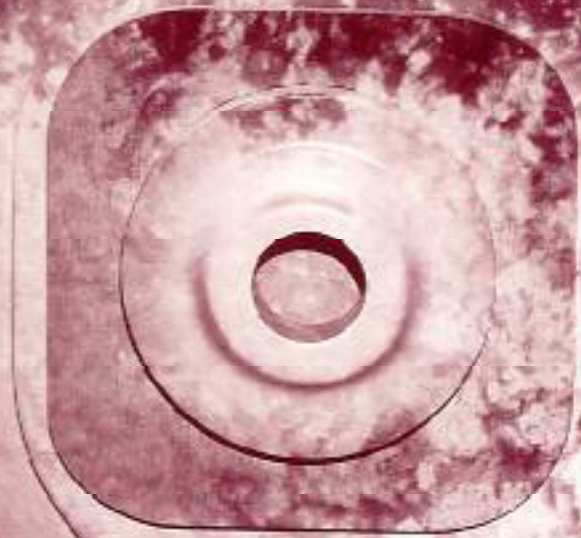
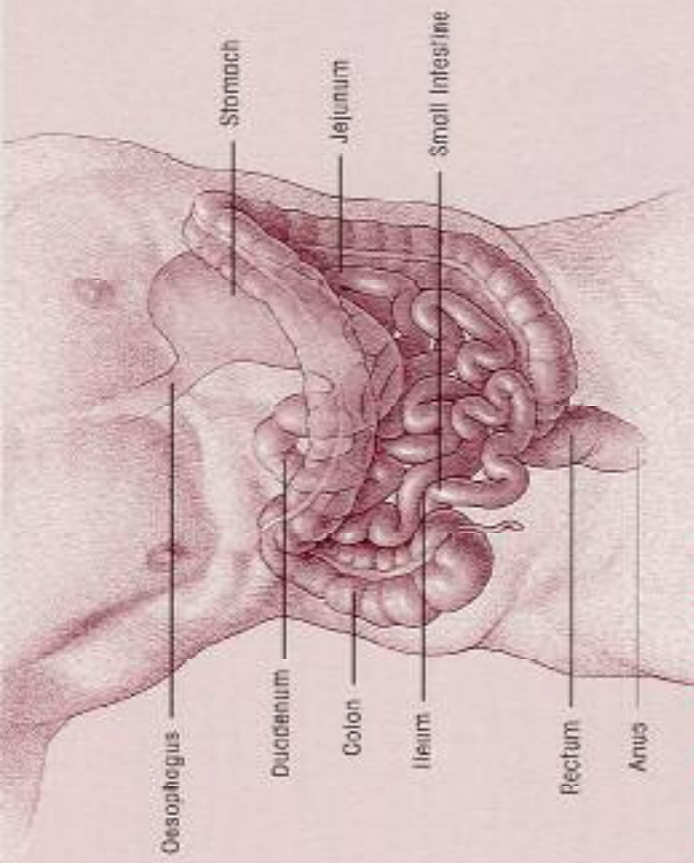


Managing your
ILEOSTOMY



Hollister Limited, Factory Court,
42 Broad Street, Wokingham, Berkshire RG40 3AB
Telephone 0118 3692000



The Human Digestive System

When you chew your food and swallow it, the food goes down your *oesophagus* into your *stomach*. Stomach acids and chemical 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. The *small intestine* is divided into three sections. The first section is called the *duodenum*; the second section is called the *jejunum*; the third section is called the *ileum*.

As the liquid food mixture moves through the *small intestine*, nutrients are absorbed into your body's blood stream. Vitamins, amino acids, proteins, fats and carbohydrates are all also fed into your body through your *small intestine*. Any food that is not digested and 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 purpose of the *colon* is to absorb water from your stool and to store the stool until you have a bowel movement.

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.

Every year, thousands of people have ileostomy

surgery. For some, the surgery is a life-saving procedure.

For others, the surgery relieves years of suffering from

bowel disease. Whatever the medical reason, anyone who

is going to have ileostomy surgery has many questions

and concerns.

This booklet is provided for you by your health

care team. The booklet will supplement other information

given to you by your doctor and your Stoma Care Nurse -

a nurse who specialises in ostomy care.

The purpose of this booklet is to answer some of

your questions about ileostomy surgery and to ease some of

your concerns about living with an ileostomy.

What is an ileostomy?

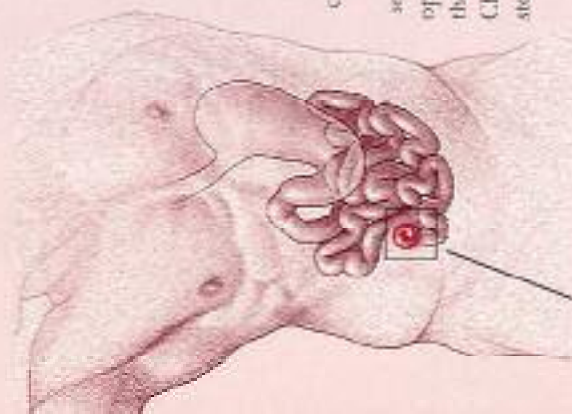
An ileostomy is a surgically created opening into the small intestine - through the abdomen. The purpose of an ileostomy is to allow stool to bypass the colon.

Because of an injury or disease - such as Ulcerative Colitis or Crohn's Disease - the colon may be surgically removed, along with the rectum and anus. Remember though, the colon's main purpose is to absorb water and store stool. Your body can continue to function even without a colon.

When a person has an ileostomy, stool is no longer eliminated through the anus. Instead, stool is eliminated through the ileostomy. An ileostomy does not have a sphincter muscle, so a person who has an ileostomy has no voluntary control over bowel movements. Instead, the person wears a disposable pouch to collect the stool.

To construct an ileostomy, the surgeon brings part of the small intestine (*ileum*) through the abdominal wall. This new opening on the person's abdomen is called a *stoma*. The skin around the stoma is called the *peristoma/plate*. Each person's stoma is unique. Chances are, your stoma will look different from another person's stoma.

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, respiratory 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 Stoma Care Nurse.)



Stoma

Not painful

Always red and moist

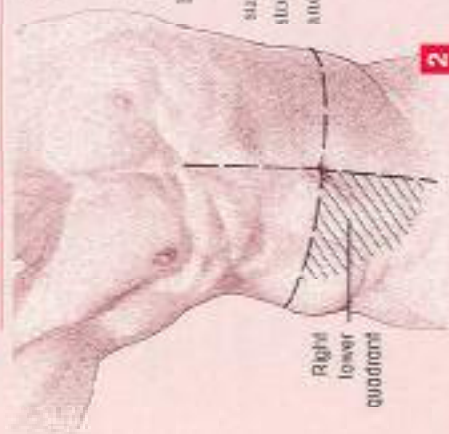
May bleed easily

Location of Stoma

Determining where the stoma will be placed on your abdomen is a very important part of the preparations for your surgery.

Generally, an ileostomy stoma is located on the abdomen in what is called the *right lower quadrant*. That is an area just below the waist, to the right of your navel - or belly button.

Before your surgery, your Stoma Care Nurse and your surgeon will determine - with you - the best location for your stoma. The stoma will be placed so you can see the stoma easily and take care of it yourself.



Right lower quadrant

Stool from an ileostomy

Just after surgery, the stool from an ileostomy is generally a steady liquid type of discharge. However, as the small intestine begins to adapt, the stool will become thicker and more paste-like.

Remember: the stool from an ileostomy comes directly from the small intestine, so the stool contains digestive enzymes that can be very irritating to your skin. Because of that, the pouch you wear must have a protective skin barrier to fit around your stoma.

Odour

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

Ileostomy pouches are open on one end, so they can be emptied as needed. You should empty your pouch when it is necessary and convenient for many people, that means three to four 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 odour of stool. If odour is a concern for you, you may want to avoid foods that increase odour. If you have questions about medications you are taking, ask your doctor or your Stoma Care Nurse. (For more information, read the sections on *Diet* (page 4) and *Medication* (page 3) in this booklet.)

Gas

The amount of gas that a person's system generates depends on the individual.

Sometimes, intestinal gas can 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.

Gas can also be caused by the foods you eat. If gas is a problem for you, you may want to avoid certain gas-forming foods. (For more information, read the next section on *Diet* in this booklet.)

Having an ileostomy does not mean that you will have to be on a special diet. In fact, many people who have bowel disease have been on restricted diets because of their disease; in many cases, an ileostomy allows a person to return to a normal diet.

Lifestyle Tips

Eat a balanced diet.

Eat slowly and chew your food well.

Drink plenty of water, juice, or other fluids each day.

Add foods to your diet gradually, so you know about foods you're with your system.

Immediately after your surgery, your doctor may prescribe a special diet; however, after your recovery period, you should be able to go back to a normal diet.

With an ileostomy, your body will probably need more fluids than it did before your surgery. To avoid becoming dehydrated, you should drink plenty of water, juice, or other liquids each day. (If you have a heart condition or kidney problems, check with your doctor before increasing your fluid intake.)

There are some foods that can cause odour or gas in your system. If that is a concern for you, you may want to eat those foods in moderation. Also, you may want to avoid certain foods that are high in fibre. Sometimes highly fibrous foods can cause blockages in the ileum that will not easily pass through the stoma.

Foods that may increase odour

asparagus
eggs
broccoli
fish
brussel sprouts
grit
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

Foods that are high in fibre:

walery
Chinese vegetables
coconut
coco drink (raw cabbage)
corn
dried fruits (such as raisins, dried figs and apricots)
foods with non-digestible peels (such as apple with peels, pears with peels and grapes)
meats with casings (such as sausage, wieners and hot dogs)
mushrooms
nuts
popcorn

Diarrhoea

Lifestyle Tips

If you get diarrhoea, increase the amount of fluids you drink.

If the diarrhoea continues call your Stoma Care Nurse.

Diarrhoea that lasts too long can cause dehydration.

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

If you get diarrhoea, 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
noodles (any type)
banana
peanut butter (creamy not chunky)
buttermilk
rice
cheese
tapioca pudding
marshmallows
toast
milk (branded)
yogurt

Foods and beverages that may cause loose stools:

beer or other alcohol
green beans
broccoli
prunes or prune juice
fresh fruits (except banana)
spicy foods
grapes or grape juice
spinach

Medication

With an ileostomy, some medications including large tablets, coated pills, time release capsules and birth control pills - may pass through your system without being completely digested. Always tell your doctors, dentists and pharmacists that you have an ileostomy. They can generally prescribe - or help you to select - alternative forms of medication.

After your surgery, never take laxatives. For a person who has an ileostomy, taking laxatives can cause a severe fluid and electrolyte imbalance.

Some medications may change the colour, odour or consistency of your stool. Non-prescription medications, like antacids can cause constipation or diarrhoea. Antidiotics may make your stool thinner than normal and may even cause diarrhoea. If you have questions about any medications you are taking, ask your doctor or your Stoma Care Nurse.

Bathing or Showering

With an ileostomy, 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 Stoma Care Nurse.

Clothing

After ileostomy 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.

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.

Returning to Work and Travelling

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 ileostomy should not limit you. Ileostomy 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.

If you are going to be travelling in a foreign country, it is a good idea to take antidiarrhoeal medication with you. Ask your doctor for a prescription.

Lifestyle Tips

Keep your pouch 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 about an hour before your arrival.

Do not leave your stoma products in a hot car - the adhesives can melt.

When you are away for extended periods of time, know where to contact a local Stoma Care Nurse.

Exercise and Sports

An ileostomy 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 ileostomies are able to swim, water ski or snow ski, play golf, tennis, volleyball, or softball, hike, ski, or jog just as well after their surgery as they did before.

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 you or your stoma.

During sex, you may prefer to wear a smaller pouch than usual.

A pouch cover can help to hide the pouch content.

A coverband can hide the pouch and keep it close to your body.

Because ileostomy 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 ileostomy.

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 you or your stoma.

Ileostomy 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 ileostomy surgery. If you have questions about pregnancy, don't hesitate to ask your doctor or your Stoma Care Nurse.

Useful Addresses

Hollister Limited

Rectory Court
42 Broad Street
Wokingham
Berkshire RG40 1AB
Telephone 0119 9095900
Advertising Service *Telephone* 0800 521577

The Ileostomy Association of Great Britain and Ireland

Amblehurst House
PO Box 23
Mansfield
Nottinghamshire NG18 4TT
Telephone 01623 38099

NASPCS Charity for Incontinent & Stoma Children

51 Anderson Drive
Darvel
Ayrshire KA17 0DE
Telephone 01566 322024

National Association for Colitis and Crohn's Disease

98A London Road
St Albans
Hertfordshire AL1 1NX
Telephone 01727 841286 (*Answering Machine Only*)