

# Caring for your Ostomy



Millard Fillmore  
Suburban Hospital  
A Kaleida Health Facility



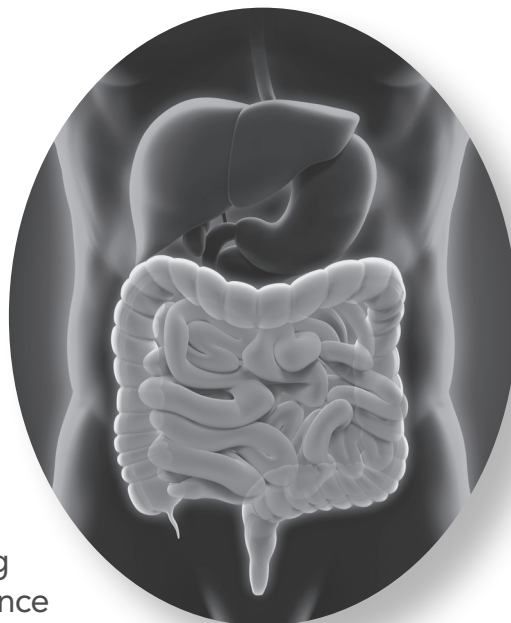
Change can be difficult, especially when it concerns your health. At Kaleida Health we understand that and help people through such changes every day.

Our wound and ostomy nurses have extensive experience working with ostomy patients. We developed this information to make the transition to using an ostomy appliance less stressful and easier for you and your loved ones.

We want to assist you with getting back to your life and embracing your new normal.

### What is an ostomy?

An ostomy is a surgically constructed opening in the intestine from which feces and gas or urine is drained. Ostomies are named by the area of bowel in which they are created. For example, an ileostomy or ileal conduit is an ostomy where a section of the ileum (a portion of the small intestine) is formed into a stoma and colostomy is formed when a portion of the large bowel (colon) is used.



#### ✧ *Ileostomy*

Ileostomies are formed when a surgeon creates an opening from a section of the small intestine to drain stool and gas from the gastrointestinal tract. The opening that results is referred to as a "stoma." An ostomy appliance includes a wafer and a pouch. This pouch will contain all of the gas and stool that is drained from the stoma. The barrier/ wafer works to protect the skin surrounding the stoma and the pouch sticks to the barrier. The pouch should be emptied when it is 1/3 full.

#### ✧ *Colostomy*

Colostomies are formed when a surgeon creates an opening from a section of the large intestine (colon) to drain stool and gas from the gastrointestinal tract. The opening that results is referred to as a "stoma." An ostomy appliance consists of a wafer and a pouch. This pouch will contain all of the gas and stool that is drained from the stoma. The barrier/ wafer works to protect the skin surrounding the stoma and the pouch sticks to the barrier. The pouch should be emptied when it is 1/3 full.

#### ✧ *Ileal Conduit*

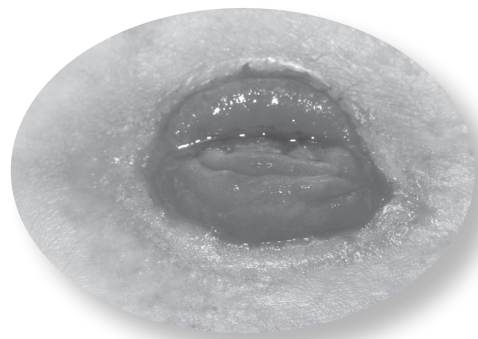
An ileal conduit is formed when a surgeon creates an opening from a section of the small intestine (ileum) to drain urine from your urinary tract. The opening that results is referred to as a "stoma." An ostomy appliance consists of a wafer and a pouch. This pouch will contain all of the urine and mucous that is drained from the stoma. The barrier/ wafer works to protect the skin surrounding the stoma and the pouch sticks to the barrier. The pouch should be emptied when it is 1/3 full.

### Changing your ostomy appliance

You should anticipate changing your ostomy appliance about every 5-7 days. It is preferred that you change your appliance in the morning, prior to breakfast. Your ostomy is less likely to be active at that time.

#### Step 1: Cleanse the surrounding skin

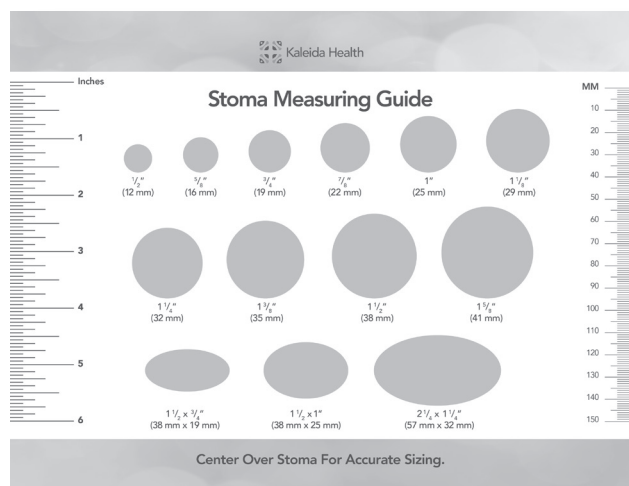
Cleanse the skin surrounding the stoma with warm water. If you do use soap on the skin make sure there is no moisturizer or fragrances in the soap as this will inhibit the wafer from sticking appropriately. Once the skin is clean, dry it completely.



#### Step 2: Measure the stoma

It is important to accurately measure your stoma when changing the ostomy appliance. A proper fit will ensure the skin surrounding your stoma is protected and that you wear it for

several days. Your stoma will shrink and change shape over the first 6-8 weeks after surgery, as the swelling goes down. A stoma measuring guide can assist you with measuring and cutting correctly. Once your stoma has stabilized in size, you may find it easier to order "pre-cut" barriers. These will be pre-cut to your specific size and make changing the appliance easier.



#### Step 3: Cut the wafer

Once your stoma is measured, cut the wafer to size. There are lines on the adhesive backing of the wafer to guide you in cutting.

#### Step 4: Apply the paste and/or barrier ring

Sometimes individuals require the use of a barrier ring or ostomy paste to fill in creases or uneven surfaces surrounding their stoma. Remember, it is important to get a good seal with the wafer to prevent leakage of stool or urine.

#### Step 5: Apply the wafer to your skin



### Step 6: Snap the pouch to the wafer and close the tail end of the pouch

After you apply a new wafer, hold your hand over it for a couple minutes. The adhesive is activated by warmth and this will ensure a good seal.

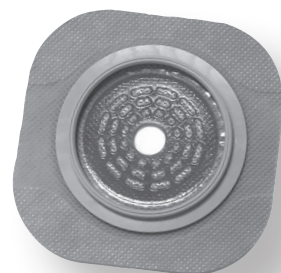
### Ostomy Accessories

There are many different types of accessories available if you are having a problem getting a good seal with your appliance.

✧ **Barrier rings** fit around your stoma and help to fill in creases in your skin. They stretch to fit around the stoma and create a smooth surface to apply the wafer to. They also reduce leaks.

✧ **Ostomy paste** comes in a tube and works as a caulk to fill in creases in the skin surrounding your ostomy. Paste is not an adhesive. It should only be used on uneven areas or folds in the skin. Most brands of ostomy paste contain alcohol and may burn if it comes into contact with non-intact skin. Always recap tube to prevent paste from drying out.

✧ **Ostomy powder** is a product that helps heal non-intact skin beneath the ostomy wafer. It should only be used on non-intact skin. The powder helps absorb drainage from the skin and helps the wafer to stick on skin that is moist. It is important to apply only a small amount of powder to the skin prior to putting the wafer on. After sprinkling powder onto the skin, wipe the excess off so that only a small amount remains on the skin.



✧ **Lubricating deodorant** is a product used mainly with colostomies. Lubricating deodorant is a liquid that coats the inside of the pouch and allows for easier emptying of the stool from the pouch.

✧ **Ostomy Belts** assist with securing the appliance to your waist and provide support. The belt attaches to tabs on the pouch. It may be worn at all times or during times of increased activity. Belts are adjustable and washable.

✧ **Bedside Drainage Bag** assists those with an ileal conduit/urostomy to collect urine drainage at night.

### *Lifestyle Tips*

- Empty your pouch when it is 1/3- 1/2 full. Keeping your pouch empty will decrease the number of appliance changes necessary. In warmer weather and when you are more active you may not get a full 5-7 days of wear time from your appliance. Sweat can reduce wear time of the wafer.
- Filters, located at the top end of the pouch, release and deodorize gas from the pouch.

### **Dietary Guidelines**

\*(Ileostomy Diet, 2018)

### **What changes to diet are needed?**

- Eat regular meals and try not to skip meals. This will help to prevent gas.
- Chew your food well to avoid blockages.
- If your stomach is empty, eat solid foods before you drink liquids to decrease gurgling sounds.
- Try new foods one at a time to learn which foods may be harder for you to tolerate. If a new food gives you problems, avoid it for a few weeks and try it again later.
- Avoid weight gain by eating a healthy diet. Extra weight can cause problems with your ostomy.
- Drink plenty of fluids because your body is losing more fluids than usual through your ostomy. Drink at least 6 to 8 cups of water per day to stay hydrated.

### **What foods are good to eat?**

- These foods are good to eat if you have loose stools.
  - Applesauce and bananas
  - Peanut butter
  - Rice and tapioca
  - Weak tea



### **What foods should be limited or avoided?**

- Take extra care and chew these foods well to lower your chance of a blockage.



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- Nuts, seeds and popcorn
- Chinese vegetables and vegetable skins
- Salad, celery, and mushrooms
- Coleslaw, relishes, peas, and corn
- Dried fruit and raisins
- Raw pineapple and coconut



- Limit these foods if you have problems with odor.

- Cauliflower, broccoli and asparagus
- Cabbage and Brussels sprouts
- Baked beans
- Cheese
- Eggs
- Fish
- Onions

Ask your doctor if any of your drugs can be the cause of the odor

- Limit these foods if you have problems with gas:

- Cauliflower, broccoli, and asparagus
- Cabbage and Brussels sprouts
- Dried peas and beans
- Cucumbers, radishes, and onions
- Beer, soda, and milk
- Fish
- Melons
- Nuts and sweets

## Caring for Your Ostomy

- Limit these foods if you have problems with loose stools:

- Baked beans and dried beans
- Broccoli
- Beer, red wine, prune juice, and hot beverages
- Chocolate and licorice
- Soup and spicy foods
- Very large meals



### When do I need to call the doctor?

- Belly pain that keeps you from eating or sleeping
- Change in skin color of the stoma
- Rash or sores around the stoma
- Stoma leaks more than usual
- Very hard stools
- Loose stools for more than 24 hours
- Bowel movements suddenly stop
- Black, tarry, or bloody stools
- You have signs of being dehydrated like dry mouth, urinating less, and feeling lightheaded or weak
- You are not tolerating food or vomiting after meals

### Helpful tips

- Exercise as you are able. Moving around helps to relieve constipation.
- To limit gas, avoid chewing gum and drinking through a straw. Eat slowly and don't talk with your mouth full.



### **Where can I learn more about dietary guidelines?**

*American Cancer Society*

<https://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/ostomies/ileostomy.html>\*

### **Frequently Asked Questions:**

#### **Can I get the appliance wet?**

Yes, the ostomy appliance is waterproof. You want to make sure you dry the appliance off after getting out of the shower, tub or pool. You can use a towel or a hair dryer on a COOL setting. Be sure to dry off the wafer and the under-side of the pouch.

#### **Convex vs flat wafers, what's the difference?**

If your stoma is flush to the surrounding skin you may benefit from a convex wafer. This type of wafer applies gentle pressure on the surrounding skin and allows the stoma to protrude and drain stool and/or urine into the pouch. These wafers reduce the risk of leaks in patients with flush stomas. For most patients however, flat wafers work fine.

#### **Can I travel with an ostomy?**

Yes. Travel with an ostomy is possible. It is important to pack extra ostomy supplies to bring with you. It is also important to store the ostomy supplies in a cool environment. It is important to stay hydrated with an ostomy especially if you are traveling to a warmer climate.

### **Local Ostomy Support Groups:**

#### *Greater Buffalo Ostomy Association*

1717 Blakeley Corners Rd  
East Aurora, NY 14052

Meetings are held the second Tuesday of the month from 7-8:30 pm at the St. Stephens-Bethlehem United Church of Christ, 750 Wehrle Dr. Amherst

President: Linda Zakowicz 200-3164

Email: [linzak59@yahoo.com](mailto:linzak59@yahoo.com)

Vice President: Lisa Goodman 751-9595

#### *United Ostomy Associations of America*

[www.ostomy.org](http://www.ostomy.org)  
1-800-826-0826

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### ***Niagara Frontier Ostomy Association***

Prince of Peace Lutheran Church  
2311 George Urban Blvd  
Depew, NY 14043

President: Joy Jurek, 716-741-3853

Vice President: Richard Roberts, 716-694-1588

Secretary: Barbara Dittenhauser, 716-685-1464

Membership: Barbara Dumbleton, 716-751-2083

[www.ostomy.org/niagara-frontier-ny-ostomy-association/](http://www.ostomy.org/niagara-frontier-ny-ostomy-association/)

### ***Enterostomal Therapy Department***

Wound Care Team  
Millard Fillmore Suburban Hospital  
1540 Maple Road, Williamsville, NY 14221  
**(716) 568-6787**

## **Where do I get supplies?**

Ostomy supplies are a specialized supply that come from a Durable Medical Pharmacy (DME) so not all pharmacies will carry ostomy supplies.

*M = Medline products MCD = Accepts Medicaid*

#### **Alden Pharmacy, Inc.**

MCD / Delivers  
13203 Broadway  
Alden, NY 14004  
**Ph: 937-1720**  
**Fax: 937-1722**

#### **American Home Care**

235 Middle Road  
Henrietta, NY 14467  
**Fax: 585-334-5311**

#### **American Home Care—Diane**

Delivers  
2170 Union Road  
West Seneca, NY 14224  
**Ph: 656-0195**  
**Fax: 656-1330**

#### **Benson's Surgical Supply**

Delivers  
1005 Kenmore Avenue  
Kenmore, NY 14217  
**Ph: 332-0404**  
**Fax: 873-5557**

#### **Brooks Medical**

S4481 Lakeshore Road  
Hamburg, NY 14075  
**Ph: 627-2000**  
**Fax: 627-3129**

#### **Buffalo Pharmacy (Cleve-Hill)**

MCD / Delivers for free  
1479 Kensington Ave.  
Buffalo, NY 14215  
**Ph: 832-7744**  
**Fax: 332-9310**  
**Byram Healthcare**  
**MCD / Catalog**  
**1-877-902-9726**



## Caring for Your Ostomy

### **CCS Medical (catalog)**

**1-800-722-2604**

www.ccsmed.com

### **Community Medical Pharmacy**

M

918 Michigan Ave.

Niagara Falls, NY 14305

**Ph: 282-1292**

**Fax: 285-3723**

### **Dan Horn Pharmacy & Health Services**

111 East Green Street

Olean, NY 14760

**Ph: 376-6337**

**Fax: 372-2634**

### **Dove Medical**

MCD / Delivers

4114 Union Road

Cheektowaga, NY 14225

**Ph: 688-8911**

**Fax: 688-9193**

### **Dunkirk Care Center RX**

MCD / Delivers

324 Center Ave.

Dunkirk, NY 14048

**Ph: 366-1616**

**Fax: 366-8830**

### **Edgepark Surgical Inc. (Catalog)**

1810 Summit Commerce Park

Twinsburg, Ohio

**Ph: 1-800-321-0591**

**Fax: 330-425-4355**

### **Home Medical Supply**

653 E. Main Street

Batavia, NY 14020

**Ph: 1-800-455-9393**

**Fax: 585-343-8310**

### **Ivylea Prescription & Home Health**

2446 Elmwood Ave.

Kenmore, NY 14217

**Ph: 873-1444**

**Fax: 873-5496**

### **Larwood Pharmacy**

597 Oakwood Avenue

East Aurora, NY 14072

**Ph: 652-1360**

**Fax: 655-0132**

### **Lockport Medical**

M

21 Main Street

Lockport NY 14094

**Ph: 433-8735**

**Fax: 433-0840**

### **Niagara Apothecary**

9715 Niagara Falls Blvd.

Niagara Falls, NY 14304

**Ph: 297-3530**

**Fax: 297-3950**

### **Reliant Medical**

M & MCD / Delivers for free

2355 Union Rd.

Cheektowaga, NY 14227

**Ph: 809-1621**

**Fax: 656-0641**

*M = Medline products MCD = Accepts Medicaid*

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### **Seneca-Cazenovia Ostomy**

2152 Seneca Street  
Buffalo, NY 14210

**Ph: 824-6317**

**Fax: 824-6317**

### **Sheridan Surgical, Inc**

4525 Bailey Ave.  
Eggertsville, NY 14226

**Ph: 836-8780**

**Fax: 836-8620**

### **Snyder Pharmacy-cash only**

4536 Main Street  
Snyder, NY 14226

**Ph: 839-3050**

**Fax: 839-1140**

### **Springcreek Pharmacy**

Springville

**Ph: 716-592-9065**

### **Sterling Medical**

Catalog

**Ph: 880-578-2961**

### **Transit Hill**

MCD / Local Delivery

9349 Transit Road

Depew NY 14043

**Ph: 683-9444**

**Fax: 683-9425**

### **Union Medical**

M

1769 Orchard Parkway

West Seneca, NY 14224

**Ph: 675-4133**

**Fax: 675-1314**

\*Source:

Ileostomy Diet. (2018, June 6). Retrieved from <http://online.lexi.com/lco/action/doc/retrieve/docid/disandproc/6526505>

\* Consumer Information Use and Disclaimer: Consumer Information Use and Disclaimer:

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Last Updated 1/17/18

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*M = Medline products MCD = Accepts Medicaid*



