

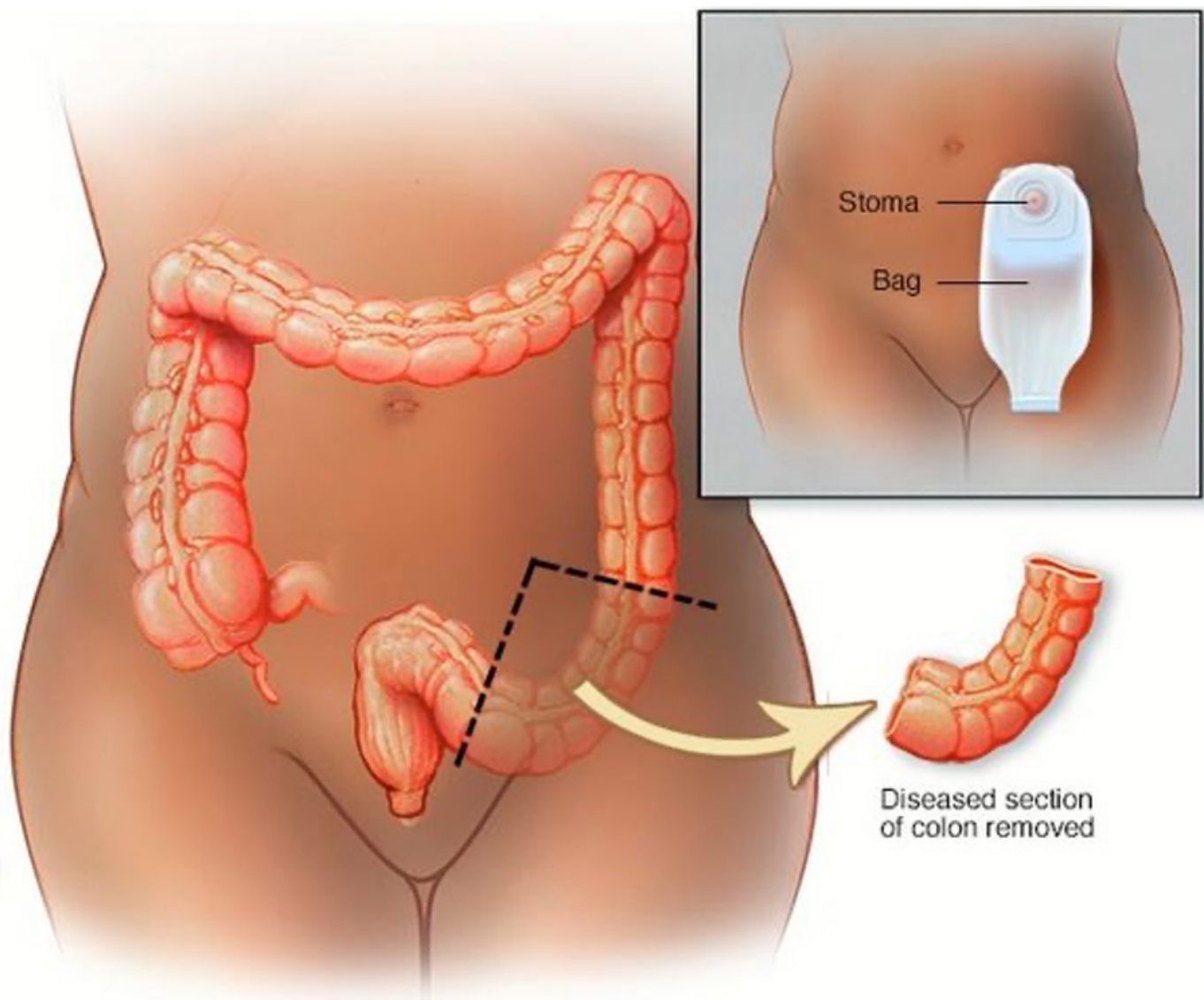


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# COLOSTOMY

## WHAT IS COLOSTOMY?

Colostomy: this is an operation that creates an opening in the large intestine through the abdominal wall, the end is then stitched on the skin to form a stoma. This can be temporary or permanent.



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## WHY WOULD ONE HAVE A COLOSTOMY PROCEDURE?

- Inflammatory bowel disease or infection
- Birth defects - one born with blocked or missing anal opening
- Injury to the colon or rectum
- Complete or partial intestinal obstruction
- Colorectal cancer
- Fistula (abnormal opening between internal organs and skin or wounds on the perineum -area between the anus and vulva for females and scrotum for men)

## RISKS THAT CAN BE INVOLVED WITH A COLOSTOMY

- Damage to the underlying organs
- Bleeding
- Infection
- Post surgery
- Skin irritation around the stoma
- Scar tissue leading to intestinal obstruction
- Narrowing of the colostomy site
- Herniation at the incision site

## COLOSTOMY TYPES

- **Transverse colostomy** - done in the middle section of the colon usually temporary. Double barrel; two openings one for mucus and the other for stool. Single barrel; one opening is present then the mucus will pass through the anus.
- **An ascending colostomy** - done on the right side of the abdomen where there is a blockage preventing proceeding further onto the colon.
- **A descending colostomy** - on the lower left side of the abdomen.
- **Sigmoid colostomy** - placed few inches lower than the descending colostomy.

## POST SURGICAL CARE

Nil by mouth in the first day then liquid diet and normal diet can start in two days' time.

The wound is covered by bandage in the first day, from which you will have a colostomy bag once the colostomy is active. The two types of bags are;

- One-piece pouch attached directly to the skin barrier
- Two-piece pouch that includes skin barrier and a pouch that can detach from the body



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## STOMA CARE

- Clean wound with warm water only.
- Pat the area dry.
- Attach the colostomy bag, ensure it is well-fitted. This helps prevent skin irritation.
- Change the colostomy bag regularly to avoid leakage to the skin once it is one third full.
- Push the skin gently away when removing the pouch.
- Use barrier creams in case the skin becomes irritated.

## CHECK WITH YOUR DOCTOR IN CASE OF:

- Vomiting and nausea
- Change of stoma colour and size
- Blocked or bulging stoma
- Abdominal cramps that last more than two hours
- Bleeding from the stoma
- Serious skin irritation or sores
- Watery stool for more than 5 hours.

## REFERENCES

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