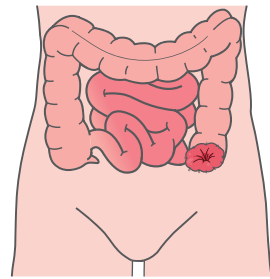


Digestive System: Colostomy

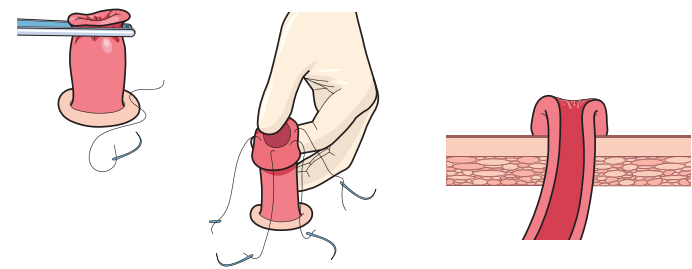
What is a Colostomy?



A colostomy is the most common type of stoma and is positioned in the large bowel. It is usually round or oval in shape and should protrude approximately 0.5-1.0 cm.

Output from a colostomy will differ depending on where in the large bowel the stoma is positioned. It may be formed, similar to a normal stool, or slightly looser. Having a colostomy means that you will need a bag to collect faeces as control of defecation is lost.

Formation of an end stoma

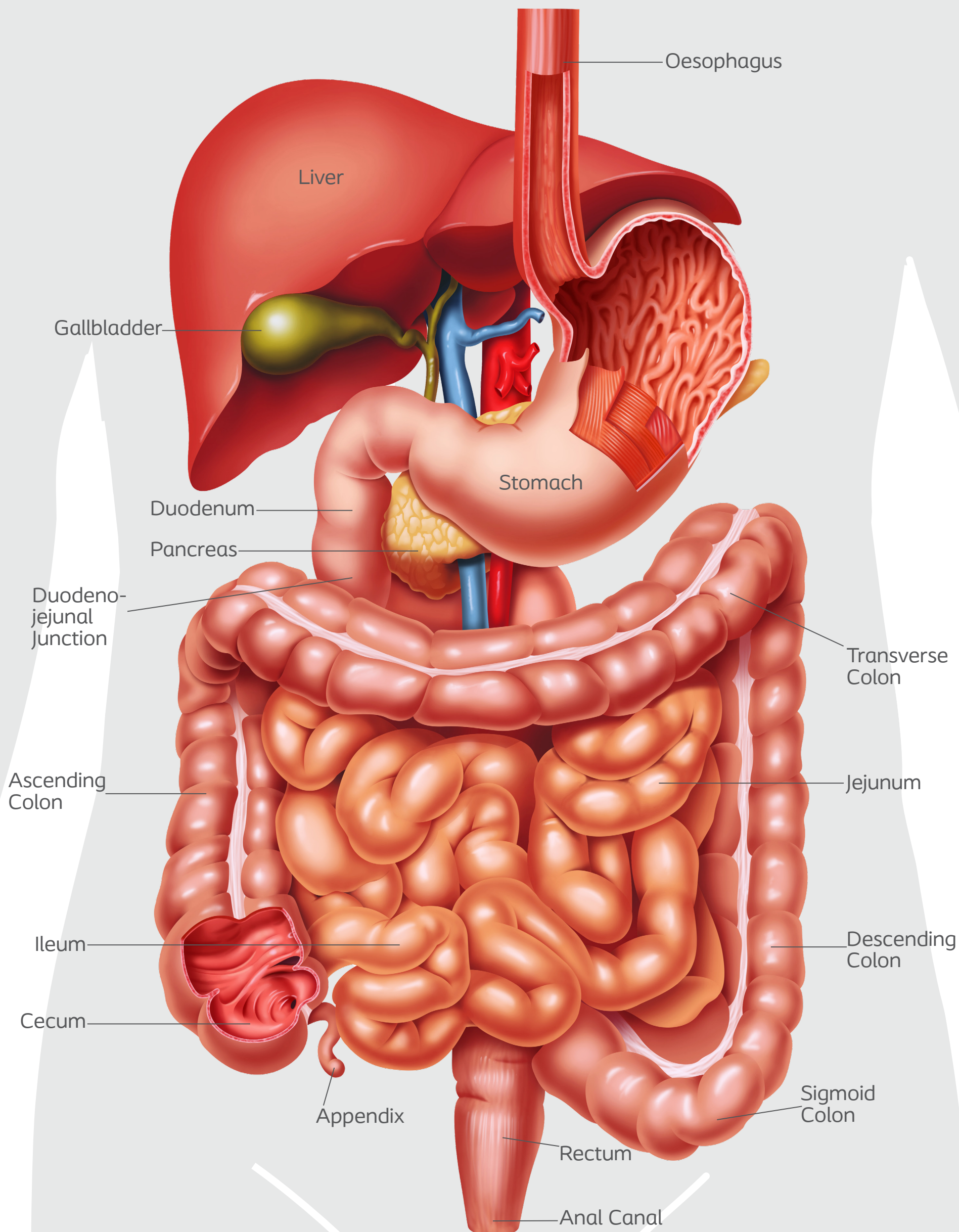


A stoma is a surgically created opening in the large bowel. An end stoma is made when just one end of the bowel is brought through the abdominal wall, folded back and stitched to the skin surface of the abdomen.

A colostomy may be permanent or temporary depending on the diagnosis and the type of surgery.

Indications for a colostomy

- **Congenital** - Ano-Rectal malformation
- **Acquired** - Post-Radiation Fistula / structure
- **Traumatic** - Stab / Gunshot / Accident
- **Infective** - Diverticulitis
- **Neoplastic** - Cancer Colon / Rectal



Types of stoma bags

Choosing the right bag



- Type of Stoma
- Lifestyle
- Body profile at peristomal area
- Nurse's preference

Essential supporting products



- Brava Protective Seal
- Brava Adhesive Remover
- Brava Elastic Tape
- Brava Skin Barrier

Application

Step 1



If appropriate, use the stoma cutting guide to help mark the size of your stoma on the baseplate. Use a curved pair of scissors to cut the hole to fit.

Step 2



Carefully remove the used bag from the skin, with an adhesive remover if appropriate.

Dampen a wipe with water and clean the stoma and surrounding skin.

Ensure area is completely dry on completion.

Step 3



Remove the release liner from the baseplate. Ensure bottom of bag is lined up under stoma. Gently but firmly press the baseplate against the skin, starting at the bottom and smoothing upwards with your fingers.

Emptying a drainable bag

Step 1



Hold the outlet upwards to avoid spillage. Peel the Velcro® ears away from the Velcro® plate and slowly unfold the outlet.

Step 2



Leaning slightly forward, position the outlet towards the toilet and allow the contents to drain.

Step 3



Wipe clean the bottom of the outlet. Fold the outlet upwards three times until the Velcro® plate is showing. Fold the Velcro® ears onto the Velcro® plate, pressing firmly to secure.