

Path to home: caring for your ostomy after bowel surgery

	Pre-op visit	Day of surgery	1 day after surgery	2 days after surgery	3 days after surgery
Patient	You will: <ul style="list-style-type: none">Meet with the Enterostomal Therapy (ET) nurse.Receive a stoma kit that includes a booklet to teach you about your stoma.Bring this kit and the booklet to the hospital on the day of your surgery.	You will: <ul style="list-style-type: none">Bring your stoma booklet, Guide to your bowel surgery, and your stoma kit with you to the hospital.Look at your ostomy appliance and your stoma.	You will: <ul style="list-style-type: none">Review your stoma booklet.Look at your ostomy appliance and your stoma.Empty your ostomy pouch when it is less than 1/2 full with the help of your nurse.	You will: <ul style="list-style-type: none">Empty your ostomy pouch when it is less than 1/2 full.Empty your ostomy pouch on your own into a measuring container while sitting on the toilet.	You will: <ul style="list-style-type: none">Empty your ostomy pouch on your own into a measuring container while sitting on the toilet.Change your ostomy appliance with the ET nurse present.
Your nurse		Your nurse will: <ul style="list-style-type: none">Review how the stoma looks and how it works (what is normal, gas, etc.).	Your nurse will: <ul style="list-style-type: none">Review how the stoma looks and how it works.Show how to open, empty and close the pouch.Explain why the pouch should be emptied when less than 1/2 full.	Your nurse will: <ul style="list-style-type: none">Review how the stoma looks and how it works.Give you more information about caring for your stoma (e.g. diarrhea prevention, getting enough fluids and when and who to call if you have a problem at home).	When you go home, your nurse will: <ul style="list-style-type: none">Verify that you have your supplies and review information given by the ET nurse.Verify that you were referred to community care services (CLSC) to continue learning how to change your ostomy appliance on your own.
ET nurse	The ET nurse will: <ul style="list-style-type: none">Give you information about what is a stoma and how to care for it.Decide with you the best area for your stoma to be placed.		The ET nurse or your nurse will: <ul style="list-style-type: none">Change the ostomy appliance with you.Show you how to measure the stoma and apply a new ostomy appliance.Explain how to take care of the skin around your stoma.		The ET nurse will: <ul style="list-style-type: none">Give you a kit to go home with that has your own supplies and a list of what to order.Review stoma care, preventing leakage and taking care of the skin around the stoma.

Glossary

Enterostomal Therapy (ET) nurse: A nurse who specializes in ostomy care.
To reach ET Nurse: 514-934-1934, ext. 44782 or woundandostomy@muhc.mcgill.ca

Ostomy: An opening made into your intestine or bowel.
(Ileostomy = an opening made into your small bowel. Colostomy = an opening made into your large bowel).






Ostomy appliance: A device for collecting stool that has 2 parts to it: a skin barrier and a pouch.

Pouch: The bag that collects the stool from the stoma.

Skin barrier: The part of the ostomy appliance that is attached to the skin. The skin barrier protects the skin from the stool and mucus, and holds the pouch to your skin.

Stoma: The part of the bowel that is seen outside the body after ostomy surgery.

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